

Recreation Programs Spring 2014

CITY OF LAKE FOREST

March, April, May

# Leisure Times



**Bunny Blast 8**  
**"An Egg Wonderland"**

**Saturday, April 12, 2014**

See page 1



# LEISURE TIMES INDEX

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## Community Services Spring Quarter HOLIDAY/CLOSED FRIDAY SCHEDULE

The Community Services Department will be closed on the following holiday: **(No classes will be held on this date.)**

- Monday, May 26 (Memorial Day)

City Hall is closed to the public on alternating Fridays, with staff working longer hours until 6:00 pm during the remainder of the work week to serve you better! During the months of March, April, and May, City Hall is closed on the following Fridays:

- March 14, 28
- April 11, 25
- May 9, 23

For general questions regarding Community Services Programs on these days, visit the City website at [www.lakeforestca.gov](http://www.lakeforestca.gov). You can also register for programs even on closed days. Visit our on-line registration at [online.activecommunities.com/lfreconline](http://online.activecommunities.com/lfreconline).



## Contact Information

Lake Forest Community Center  
25550 Commercentre Dr  
Lake Forest, CA 92630  
461-3450  
[www.lakeforestca.gov](http://www.lakeforestca.gov)

Etnies Skatepark  
of Lake Forest ..... 916-5870  
[www.etnieskateparkoflakeforest.com](http://www.etnieskateparkoflakeforest.com)

Lake Forest Teens ..... 461-3446  
[www.LFteens.com](http://www.LFteens.com)

Lake Forest Seniors ..... 461-3408  
[www.lakeforestca.gov/seniors](http://www.lakeforestca.gov/seniors)

IVC Emeritus  
Registration ..... 451-5555

SVUSD  
Recreation ..... 768-0981, press 3

Building Inspection ..... 461-3470

City Clerk ..... 461-3420

City Council ..... 461-3420

City Manager's Office ... 461-3410

Community  
Policing Center ..... 461-3548

Economic  
Development ..... 461-3567

Employment Hotline ... 461-3418

Fields Hotline ..... 461-3595

Graffiti Hotline ..... 461-3583

Planning ..... 461-3491

Public Works ..... 461-3480

Recreation ..... 461-3450

Front Cover Photo:  
Susan Brown Matsumoto



## CITY SPECIAL EVENTS



### Bunny Blast: "An Egg Wonderland"

Don't be late for a very important date! It is time for everyone's springtime favorite - Bunny Blast: "An Egg Wonderland"! Enjoy a fun filled event for the whole family with a day of activities including game booths, crafts, face painting, giant ferris wheel, petting zoo, pony rides, balloon artist and egg scrambles. There will be entertainment for everyone with a strolling magician, DJ, and live music. Alice and her Wonderland friends will be there, too. Be ready for surprises, and bring your camera to take pictures with Nectar, the Mad Hatter, the Cheshire Cat, the White Rabbit and Hoppy the Spring Bunny. Hop on down early to take part in all the fun!

Fee: Free (nominal fee for games, activities and food)

Location: El Toro Park (23701 Los Alisos Blvd)

For more info call: The City of Lake Forest at 461-3450

Families Apr 12 Sat 11:00 am-3:00 pm



### Rancho Days Fiesta at Heritage Hill Historical Park

Come explore the rich history of Orange County's Mexican Ranchos and Native American tribes! Experience the sights, sounds and smells of the past through music, dance, crafts, and hands-on demonstrations. Historic buildings, including the 1863 Serrano Adobe, will be open, courtesy of Amigos de la Colina Docents. Refreshments will be available for a nominal fee.

Fee: \$3 children (3-12 years) and \$4 adults

Location: Heritage Hill Historical Park (25151 Serrano Rd)

Registration: Day of event registration only

For more info call: Heritage Hill Historical Park at 923-2230

More information about Heritage Hill Historical Park, as well as other OC Parks, is available at [www.OCParks.com](http://www.OCParks.com).

Families May 4 Sun 11:00 am- 3:00 pm

### Bunco or Bust

Calling all Bunco players! We're having some-kind-of-fun at Bunco or Bust! You don't need to know how to play BUNCO...we'll teach you! No skill is involved--just luck...lots of it! The only thing you need to know is how to roll dice. Before Bunco begins, enjoy yummy appetizers, non-alcoholic margaritas and beverages. Prizes will be given away...so what's stoppin' ya?

Fee: \$7 per person

Location: Lake Forest Community Center (25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4014 Adults/Seniors Apr 4 Fri 7:00-9:30 pm



## Friday Night at the Movies

We're having "Movie Nights" at the Community Center. You know how expensive going to the movies can be! We're making going to the movies AFFORDABLE! Staff will serve up hot dogs, popcorn, candy, and a beverage, and, in return, you can sit back and enjoy the show!

### Featured Movie: The Heat (R)

Uptight and straight-laced, FBI Special Agent Sarah Ashburn (Sandra Bullock) is a methodical investigator with a reputation for excellence – and hyper-arrogance. Shannon Mullins (Melissa McCarthy), one of Boston P.D.'s "finest," is foul-mouthed and has a very short fuse, and uses her gut instinct and street smarts to catch the most elusive criminals. Neither has ever had a partner, or a friend for that matter. When these two wildly incompatible law officers join forces to bring down a ruthless drug lord, they become the last thing anyone expected: buddies. (Pervasive language, strong crude content, and some violence.)

Fee: \$5

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4019 Adults/Seniors Mar 28 Fri 6:30 – 9:30 pm\*

\*Movie begins at 7:00 pm



### 7th Annual Aliso Creek Clean-Up Day

Help fight the battle against litter and debris with the City of Lake Forest and Wal-Mart! Join other Lake Forest residents, community groups and City staff in removing litter from a portion of the Aliso Creek. We'll supply the gloves, trash bags, reacher sticks, volunteer shirt, snacks and beverages. You supply the energy! Meet at Cherry Avenue and Fernbank Street (south-west of Cherry Park). Park on Cherry. All volunteers such as service organizations, scout groups, teens, kids, and adults are welcome. **Minors must be accompanied by an adult.** All volunteers must sign a waiver form and volunteer application. Please wear appropriate footwear, sunscreen, and a hat.

Location: Cherry Ave and Fernbank St

For more info and to register call: The City of Lake Forest at 461-3450.

5 yrs-Adult May 17 Sat 9:00-11:30 am

# Spring 2014

## Events At A Glance

DATE	TIME	EVENT	LOCATION	FEE
Friday, March 14	6-10 pm	<b>Live Music Showcase</b>	Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)	\$5 per person
Saturday, March 29	8-10 am	<b>Borrego Trail Hike</b>	Whiting Ranch Park	\$5 per person; \$3 additional parking fee
Saturday, April 12	11 am-3 pm	<i>Bunny Blast:</i> <i>"An Egg Wonderland"</i>	El Toro Park (23701 Los Alisos Blvd)	Free (nominal fee for games, activities, and food)
Saturday, April 19	11 am-1 pm	<b>Spring Skate Egg Hunt</b>	Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)	\$5 per person
Saturday, April 26	6-10 pm	<b>The Gathering ~ Where Art Meets Skateboarding</b>	Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)	\$5 per person
Saturday, April 26	9:30 am- 1 pm	<b>Parks Safari</b>	Lake Forest City Hall (25550 Commercentre Dr)	\$3 per person
Sunday, May 4	11 am-3 pm	<b>Rancho Days Fiesta</b>	Heritage Hill Historical Park (25151 Serrano Rd)	\$3 children 3-12 years old; \$4 adults
Saturday, May 10	8-11 am	<b>Red Rock Canyon Hike</b>	Whiting Ranch Park	\$5 per person; \$3 additional parking fee
Saturday, May 17	9-11:30 am	<b>Aliso Creek Clean-Up Day</b>	Cherry Ave and Fernbank St	Free to participate

For more info call 461-3450 or visit our website at [www.lakeforestca.gov](http://www.lakeforestca.gov)

## CITY SPECIAL EVENTS continued



### Parks Safari

Interested in taking a fun-filled tour of local Lake Forest Parks? Then hop on the big yellow bus and visit five beautiful Lake Forest Parks. Enjoy playing on the new playgrounds at Tamarisk and Rimgate Parks. We will also venture to the Skatepark, observe construction of the new Sports Park, and trek to the "serene and natural" Nature Park. We will end with a special barbeque at Concourse Park, highlighted by a visit from "Nectar", the City's mascot. We will meet at Lake Forest City Hall for a morning snack, and then set out on our Parks Safari! Price includes morning snack, transportation, barbeque, and a souvenir item. Space is limited to 40 participants.

Fee: \$3 per person

Departure Location: Lake Forest City Hall  
(25550 Commercentre Dr)

To Register: On line, Mail-In, Walk-In

For more info call: The City of Lake Forest at (949) 461-3450

Act#: 4081 3 yrs-Adult Apr 26 Sat 9:30 am-1:00 pm

## HIKES

### Nature Hikes

The City of Lake Forest is partnering with OC Parks to provide a Park Ranger to Guide the hikes for our continuing series in the "Take a Hike Program." It is strongly recommended that hikers wear a hat, sunscreen and sturdy hiking boots/shoes.

Please note: The level of difficulty varies according to the type of hike scheduled. Please reference the following info in choosing your participation in our hikes:

### DIFFICULTY LEVEL

- **Easy** = flat, level ground for the most part with gentle hill(s)
- **Moderate** = some level ground with some steep hills and rough terrain
- **Strenuous** = mostly steep ground with significant rough terrain



### Borrego Trail Hike

This is an easy hike of approx. 2.6 total miles over gentle grade for ages 7+. The hike will take you along the Borrego trail, a heavily wooded canyon with multiple plant communities. The hike will stop periodically to discuss native plants and animals.

**Difficulty level = Easy**

Fee: \$5.00 (includes snack and water bottle)

Location: Meet at Whiting Ranch, Borrego Entrance Parking Lot, \$3.00 parking fee per car (Portola and Market St.), meet by the kiosk.

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4079 7 yrs - Adult Mar 29 Sat 8:00-10:00 am

### Red Rock Canyon Hike

This is an easy hike of approx. 3.6 total miles over gentle grade for ages 10+. The hike will encompass the Borrego trail, a heavily wooded canyon with multiple plant communities, while transitioning to the beautiful geological formation known as Red Rock Canyon.

**Difficulty level = Easy**

Fee: \$5 (includes snack and water bottle)

Location: Meet at Whiting Ranch, Borrego Entrance Parking Lot, \$3 parking fee per car (Portola and Market St.), meet by the kiosk.

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4080 10 yrs-Adult May 10 Sat 8:00-11:00 am

## YOUTH

### Kids' Factory-SVUSD

Kids' Factory is a FREE drop-in program sponsored by the City of Lake Forest and is designed for elementary school children grades K-6. This program offers recreational activities and is not considered an accredited child care program. All activities include crafts, sports, and games, which are held outdoors and are subject to cancellation due to unfavorable weather conditions. If weather conditions are questionable, you can check on the status of Kids' Factory sites by calling the Weather Hotline, 460-2735, after 11 am.

Instructor: SVUSD Staff

Fee: FREE!

Locations: Foothill, Gates, Lake Forest, La Madera, Olivewood, Portola, Rancho Canada, Santiago

**To Register: On-site registration by a parent or legal guardian is required.**

**For more info call: SVUSD at 768-0981, press 3**

**Grades K-6**

**Sep 16 - Jun 20**

**Mon-Fri**

**Times vary depending on school dismissal.**



### Spring Breakout Camp

Spring Break is here, and this year instead of just sitting around the house all day, "break out" of your habit and join us at "Spring Breakout Camp"! Every day will be filled with awesome activities including games and fun with friends. There will be excursions to Regal Cinemas, Pump It Up and, on Thursday, we're going to spend the day at Boomers for video games, rides, and laser tag! The ratio of this camp will be eight kids to one staff member. Kids will need to bring their lunch every day and be ready to have the best spring break ever!

Instructor: City Staff

Fee: \$129 per participant – Resident

\$134 per participant – Non-Resident

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4003 7-11 yrs Apr 14-18 Mon-Fri 8:00 am-6:00 pm**

## RECREATION CLASSES

### Preschool Programs



### Alice in Wonderland Class with Tea Party Celebration!



Come have tea and cupcakes with Alice and all of her friends! Join us as we celebrate everybody's very merry un-birthday at this "Alice in Wonderland" themed preschool class! Alice will be there with some of her friends such as the Mad Hatter, the White Rabbit and the Cheshire Cat to join in all the fun. There will be games, songs, crafts, storytime and a snack! Parent participation is recommended for this popular program.

Instructor: City Staff

Fee: \$30 per person – Resident

\$35 per person – Non-Resident  
(4-week class)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4004 2-5 yrs Mar 7-Mar 28 Fri 10:00-11:00 am**

### Pajama Party!

No need to dress up for this preschool party, just come in your pajamas! Sing songs, dance, play games, and make a craft – all in your pajamas! And we'll also enjoy a tasty snack. And the best part is – there's no bedtime! Parent participation is recommended for this program.

Instructor: City Staff

Fee: \$10 per person-resident

\$15 per person- non-resident  
(1 time workshop)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4005 2-5 yrs Apr 11 Fri 10:00-11:00 am**

## UP Party!



Up, up, and away we go! Join us for a party that will take you places beyond what you know! This balloon-filled party will feature all of the characters from the classic Disney movie- Up! We will sing songs, play games, make crafts, and have a snack all based on the movie. This party is sure to be an adventure! Parent participation is recommended for this program.

Instructor: City Staff

Fee: \$10 per person-resident  
\$15 per person- non-resident  
(1-time workshop)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4082 2-5 yrs May 2 Fri 10:00-11:00 am**



## Youth

### Music Together

Here is your chance to experience a nationwide, research based "Music Together" program for children from birth to 5 years old and the adults who love them! Children will have many opportunities to create and play. Each class is packed with new songs, rhymes, movement activities and instrumental sessions. This is an introduction to a lifetime of musical enjoyment! But best of all it is fun. **Free demo class on Monday, March 31 at 4:30 pm, please RSVP 350-0985.**



Instructor: Elena Salisbury, MM from Russian Conservatory, registered Music Together teacher.

Fee: \$145 – Resident  
\$150 – Non-Resident  
(10-week session)

Babies under the age of 8 months free with registered sibling.

Materials Fee: A required \$40 fee which includes 2 CDs, parent guide and songbook, is due to instructor during first class meeting.

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4067 9 mos-5 yrs Apr 7-Jun 16 Mon 4:30-5:15 pm**

**Act#: 4068 9 mos-5 yrs Apr 11-Jun 13 Fri 10:30-11:15 am**

**Act#: 4066 9 mos-5 yrs Apr 11-Jun 13 Fri 11:30 am-12:15 pm**

## Zumbini™



Designed for mom, dad or caregiver and your little one(s) to wiggle, sing and learn together. The Zumbini™ program is where the science of child development, movement, instrument play, world rhythms and catchy kid-friendly tunes meets the magic of Zumba® in the ultimate bonding experience! Each family will receive a brand new Zumbini™ bundle containing a songbook and 2 CD copies of the class music so you can take the experience wherever you go!

Instructor: Raelyn Brachmann

Fees: \$140 per Parent and Child Couple-Resident  
\$145 per Parent and Child Couple-Non-Resident  
(8-week session)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4083 6 mos-3 yrs Mar 25-May 13 Tue 10:00-10:45 am**

## Parent & Tot Swim Lessons at SwimLabs



This is a 30-minute class designed for parents and their children ages 1-3 years old. Parent and child will work together in the pool under the direction of a SwimLabs instructor to develop the skills crucial for learning to swim. Swimmers will learn to safely enter and exit the pool, blow bubbles through the mouth and nose, float on their backs, and safely go under the water. Parents will learn how to safely interact with their children in the pool.

Instructor: SwimLabs Staff

Fee: \$150 – Resident  
\$155 – Non-resident  
(6-week sessions)

Location: SwimLabs (20918 Bake Pkwy., Suite 100)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4131 1-3 yrs Mar 10-Apr 18 Mon & Fri 12:00-12:30 pm**

**Act#: 4132 1-3 yrs Mar 10-Apr 18 Mon & Fri 12:30-1:00 pm**

**Act#: 4133 1-3 yrs Mar 10-Apr 18 Mon & Fri 2:30-3:00 pm**

**Act#: 4134 1-3 yrs Mar 10-Apr 18 Mon & Fri 3:00-3:30 pm**

**Act#: 4135 1-3 yrs Mar 11-Apr 17 Tue & Thu 12:00-12:30 pm**

**Act#: 4136 1-3 yrs Mar 11-Apr 17 Tue & Thu 12:30-1:00 pm**

**Act#: 4137 1-3 yrs Mar 11-Apr 17 Tue & Thu 2:30-3:00 pm**

**Act#: 4138 1-3 yrs Mar 11-Apr 17 Tue & Thu 3:00-3:30 pm**



*Be sure to pre-register for our classes and programs. For more info see page 31.*

## Pee Wee Gymnastics

This is an introduction to gymnastics for 1 to 6 year olds! This course teaches basic skills for floor exercise, bars, balance beam, and vault along with a 30 foot long trampoline. Participants will increase confidence and coordination along with developing listening skills, taking turns, and following coaching instructions. Most importantly, everyone will have fun! This class also includes FREE open play for anyone signed up in our gymnastics program. Open play is every Thursday 1:00-2:00 pm.

Instructor: Us Too Center Staff

Fee: \$45 – Resident  
\$50 – Non-resident  
(4-week sessions)

Location: Us Too Center (25 Spectrum Pointe Dr #405)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4032	1-2 yrs*	Mar 10-31	Mon	10:00-10:45 am
Act#: 4033	1-2 yrs*	Mar 4-25	Tue	10:00-10:45 am
Act#: 4034	1-2 yrs*	Apr 7-28	Mon	10:00-10:45 am
Act#: 4035	1-2 yrs*	Apr 1-22	Tue	10:00-10:45 am
Act#: 4036	1-2 yrs*	May 5-26	Mon	10:00-10:45 am
Act#: 4037	1-2 yrs*	Apr 29-May 20	Tue	10:00-10:45 am
Act#: 4038	3-4 yrs	Mar 10-31	Mon	11:00-11:45 am
Act#: 4040	3-4 yrs	Mar 4-25	Tue	11:00-11:45 am
Act#: 4041	3-4 yrs	Apr 7-28	Mon	11:00-11:45 am
Act#: 4042	3-4 yrs	Apr 1-22	Tue	11:00-11:45 am
Act#: 4043	3-4 yrs	May 5-26	Mon	11:00-11:45 am
Act#: 4044	3-4 yrs	Apr 29-May 20	Tue	11:00-11:45 am
Act#: 4046	5-6 yrs	Mar 10-31	Mon	1:00-1:45 pm
Act#: 4048	5-6 yrs	Mar 10-31	Mon	5:00-5:45 pm
Act#: 4050	5-6 yrs	Apr 7-28	Mon	1:00-1:45 pm
Act#: 4051	5-6 yrs	Apr 7-28	Mon	5:00-5:45 pm
Act#: 4052	5-6 yrs	May 5-26	Mon	1:00-1:45 pm
Act#: 4053	5-6 yrs	May 5-26	Mon	5:00-5:45 pm

\* Mommy & Me classes: parent participation required

## Intro to Movement & Dance



Play, learn, cultivate movement, socialization, motor and listening skills while getting the wiggles out in this imaginative class. Children and parents participate in creative movement activities that include various props, pretend play through dance, move to nursery songs and dance with parachutes and bubbles. This fun course is suitable for both boys and girls. Parent participation required. \*Class is part of OCDP Dance progression program where dancers can track their accomplishments and receive certificate of achievement. Visit [www.ocdanceproductions.com](http://www.ocdanceproductions.com) for more information.

Instructor: OC Dance Productions staff

Fees: \$74 per Parent and Child Couple-Resident  
\$79 per Parent and Child Couple-Non-Resident  
(6-week session)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4012	1½-3 yrs	Mar 10-Apr 21*	Mon	9:00-9:45 am
Act#: 4024	1½-3 yrs	Apr 28-Jun 9*	Mon	9:00-9:45 am

\*No class 4/14 & 5/26

## Parent & Me Princess Ballet & Creative Movement

Your little princess will enter a world of magic and imagination, dancing to their favorite tunes from princess movies new and old. This class teaches the basics of ballet and dance through terminology fairy tale imagery. Participants will also improve motor, directional and listening skills while engaging in creative movement with bubbles, parachutes, magic wands and more. Dancers will also get to create their own princess props to take home, hear stories and dress up in princess tutus. Class is part of OCDP Dance progression program where dancers can track their accomplishments and receive certificate of achievement. \*Optional holiday recital in spring (nominal costume fee). Ballet shoes required. Visit [www.ocdanceproductions.com](http://www.ocdanceproductions.com) for recommended attire and more info.

Fees: \$74 per Parent and Child Couple-Resident  
\$79 per Parent and Child Couple-Non-Resident  
(6-week session)

Material Fee: An additional material fee of \$5 due to instructor at first class meeting for Princess crafts per session.

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4025	1½-3 yrs	Mar 10-Apr 21*	Mon	11:00-11:45 am
Act#: 4028	1½-3 yrs	Apr 28-Jun 9*	Mon	11:00-11:45 am

\*No class 4/14 & 5/26

## Biddy Soccer League



Your child will have a great time playing soccer and making new friends while learning the benefits of sportsmanship, sharing, and teamwork. The Biddy Ball League is designed to introduce kids to team sports in a fun and exciting environment. Everyone will receive team shirt and medal. The 1st week will be practice and team assignments and the remainder of the weeks will be games!

Instructor: TriFytt Sports Staff

Fee: \$79 per Parent and Child couple- Resident  
\$84 per Parent and Child couple-Non-Resident  
(6-week league)

Location: Foothill Ranch Community Park  
(19422 Rue De Valore)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4096	2-3 yrs	Apr 12-May 17	Sat	11:30 am-12:00 pm
Act#: 4097	4-5 yrs	Apr 12-May 17	Sat	12:00 pm-12:45 pm

## Age Minimum And Maximum

When registering for programs online, if your child is under the minimum or over the maximum age for a particular program, you will not be able to register them. In some cases, an instructor will allow those interested in participating who are close to the age minimum and maximum to register. However, this is at the discretion of the instructor and we cannot guarantee registration will be permitted. Call us at (949) 461-3450 during normal business hours if you want to discuss adding your child to a class.

## TriFyft Sports: Parent and Me Soccer

This class is a great chance for parents to interact with their young ones while learning the basics of soccer with our TriFyft Sports staff. Drills, games and activities will all focus on the motor skills required to play this great sport in a noncompetitive, safe atmosphere. These youngsters will learn the fundamentals of soccer and will experience athletic competition firsthand. Don't miss out on this special opportunity! It's a great bonding experience for both parents and their children.

Instructor: TriFyft Sports Staff

Fee: \$85 per Parent and Child couple- Resident  
\$90 per Parent and Child couple-Non-Resident  
(8-week session)

Location: Foothill Ranch Community Park  
(19422 Rue De Valore)



**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4088 2-3 yrs Mar 28-May 16 Fri 5:00-5:30 pm**

## TriFyft Sports: Tee-Ball Skillz Clinic

This is a great chance for beginning and advanced tee-ball players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching them the benefits of sportsmanship, discipline, and teamwork. Each athlete will be taught drills to help further their skill development.

Instructor: TriFyft Sports Staff

Fee: \$85 per participant – Resident  
\$90 per participant – Non-Resident  
(8-week session)

Location: Foothill Ranch Community Park  
(19422 Rue De Valore)



**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4089 2-3 yrs Mar 25-May 13 Tue 5:00-5:30 pm**

**Act#: 4090 3-5 yrs Mar 25-May 13 Tue 5:30-6:15 pm**

## TriFyft Sports: Parent and Me Multi-Sport

This class is a great chance for parents to interact with their young ones while learning the basics of soccer, tee-ball and basketball with our TriFyft Sports staff. Drills, games and activities will all focus on the motor skills required to play this great sport in a noncompetitive, safe atmosphere. These youngsters will learn the fundamentals of soccer and will experience athletic competition firsthand. Don't miss out on this special opportunity! It's a great bonding experience for both parents and their children.

Instructor: TriFyft Sports Staff

Fee: \$85 per Parent and Child couple – Resident  
\$90 per Parent and Child couple-Non-Resident  
(8-week session)

Location: Foothill Ranch Community Park  
(19422 Rue De Valore)



**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4091 2-3 yrs Mar 29-May 17 Sat 10:00-10:30 am**

## Do, Re, Mi Piano & Music

This music and piano class encourages child development through the beauty of music. Children will experience the sounds and rhythms of music through instrument play, piano/ keyboard fingering, playing simple tunes, singing do, re, mi music notation and songs, rhythm and melodic patterns, props, puppets and creative movement.

Instructor: Sophi Albert

Fee: \$97 – Resident  
\$102 – Non-Resident  
(6-week session)

Materials Fee: An additional material fee of \$20 due to instructor at first class meeting

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4069 2-4 yrs Mar 4-Apr 8 Tue 9:30-10:15 am**

## Lake Forest Multi-Sport Classes

Attention all Lake Forest athletes!!! Do you want to learn the skills needed to take your sports game to the next level? If so then this class is for you! Participants will learn basic to advanced techniques for several popular sports in this fun and exciting class. We will focus on the benefits of sportsmanship, discipline and teamwork while we play several games including: soccer, baseball, basketball and flag-football. All skill levels are welcome and our coach to camper ratio will be 5 to 1 so your child will receive plenty of individual instruction. This class includes a t-shirt, cold drinks and a personalized sports card! Space is limited so sign up today!

Instructor: Lake Forest Recreation Staff

Fee: \$55 per participant – Resident  
\$60 per participant- Non-Resident  
(6-week sessions)

Location: Concourse Park  
(18931 Saddleback Ranch Road)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4158 3-4 yrs Mar 14-Apr 18 Fri 2:30-3:30 pm**

**Act#: 4159 5-7 yrs Mar 14-Apr 18 Fri 3:30-4:30 pm**

**Act#: 4160 8-10 yrs Mar 14-Apr 18 Fri 4:30-5:30 pm**

**Act#: 4161 3-4 yrs Apr 25-May 30 Fri 2:30-3:30 pm**

**Act#: 4162 5-7 yrs Apr 25-May 30 Fri 3:30-4:30 pm**

**Act#: 4163 8-10 yrs Apr 25-May 30 Fri 4:30-5:30 pm**

## Spring Registration Dates:

Tuesday, February 11 (Lake Forest Residents)

Tuesday, February 18 (Non-Residents)

## Learn to Swim at SwimLabs



These weekly group swim lessons are designed to get your child swim ready!

Instructor: SwimLabs Staff

Fee: \$110 – Resident  
\$115 – Non-resident

Location: SwimLabs (20918 Bake Pkwy., Suite 100)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

Act#: 4142	3-10 yrs	Mar 10-31	Mon	3:30-4:30 pm
Act#: 4143	3-10 yrs	Mar 11-Apr 1	Tue	5:00-6:00 pm
Act#: 4144	3-10 yrs	Mar 12-Apr 2	Wed	5:00-6:00 pm
Act#: 4145	3-10 yrs	Mar 13-Apr 3	Thu	5:00-6:00 pm
Act#: 4146	3-10 yrs	Mar 14-Apr 4	Fri	3:30-4:30 pm
Act#: 4147	3-10 yrs	Apr 7-28	Mon	3:30-4:30 pm
Act#: 4148	3-10 yrs	Apr 8-29	Tue	5:00-6:00 pm
Act#: 4149	3-10 yrs	Apr 9-30	Wed	5:00-6:00 pm
Act#: 4150	3-10 yrs	Apr 10-May 1	Thu	5:00-6:00 pm
Act#: 4151	3-10 yrs	Apr 11-May 2	Fri	3:30-4:30 pm
Act#: 4152	3-10 yrs	May 5-26	Mon	3:30-4:30 pm
Act#: 4153	3-10 yrs	May 6-27	Tue	5:00-6:00 pm
Act#: 4154	3-10 yrs	May 7-28	Wed	5:00-6:00 pm
Act#: 4155	3-10 yrs	May 8-29	Thu	5:00-6:00 pm
Act#: 4156	3-10 yrs	May 9-30	Fri	3:30-4:30 pm

## SwimJams Camp at SwimLabs



SwimJams are structured just like our group classes but are a 5-day intensive program that focuses on consistency and swimming technique. Skills covered in this class include building a relationship with the instructor, blowing bubbles through the mouth and nose, front and back safety float, as well as the beginning stroking and kicking movements for freestyle. This is a great program for swimmers who have a week to spend learning how to swim!

Instructor: SwimLabs Staff

Fee: \$116 – Resident  
\$121 – Non-resident  
(30-minute camp)

\$136 – Resident  
\$141 – Non-Resident  
(45-minute camp)

Location: SwimLabs (20918 Bake Pkwy., Suite 100)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

Act#: 4139	3-10 yrs	Apr 14-18	Mon- Fri	10:30-11:00 am
Act#: 4140	3-10 yrs	Apr 14-18	Mon- Fri	11:00 -11:45 am
Act#: 4141	3-10 yrs	Apr 14-18	Mon- Fri	12:00-12:30 pm



## Kids' Yoga



This class uses interactive games and animated postures. Kids will build body awareness, improve concentration and focus, and learn how to release energy and relax. This class is appropriate for both the athletic child as well as those who may not be comfortable with competitive sports.

Instructor: OC All-Stars Cheer and Dance Staff

Fee: \$50 – Resident  
\$55 – Non-Resident  
(4-week session)

Location: OC All-Stars Dance and Cheer  
(19531 Pauling, Suite 200, Foothill Ranch, 92610)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

Act#: 4172	3-5 yrs	Mar 11-Apr 1	Tue	9:15-10:00 am
Act#: 4173	3-5 yrs	Apr 15-May 6	Tue	9:15-10:00 am

## Princess Ballet & Creative Movement

Your little one will enter a world of magic and imagination, dancing to their favorite tunes from princess movies new and old. This class teaches the basics of ballet and dance through terminology and imagery. Dancers will also get to create their own princess props to take home, hear stories and dress up in princess tutus. Class is part of OCDP Dance progression program where dancers can track their accomplishments and receive certificate of achievement. \*Optional recital June 14 (nominal costume fee). Ballet shoes required. Visit [www.ocdanceproductions.com](http://www.ocdanceproductions.com) for recommended attire and more info.

Instructor: OC Dance Productions staff

Fee: \$74 – Resident  
\$79 – Non-Resident  
(6-week sessions)

Material Fee: An additional material fee of \$5 due to instructor at first class meeting.

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

Act#: 4188	3-5 yrs	Mar 10-Apr 21*	Mon	10:00-10:45 am
Act#: 4189	3-5 yrs	Apr 28-Jun 9*	Mon	10:00-10:45 am

\*No class 4/14 & 5/26

## Want more info on how to register for programs online?



Please call Community Services at 461-3450 to receive your personal account pin number and internet login ID.

[online.activecommunities.com/lfreconline](http://online.activecommunities.com/lfreconline)

## Tennis For Everyone ~ Youth

Children are invited to learn to play this fascinating sport. Participants will do it all, from drills to match play, in a fast-paced, fun-filled environment. Please bring an unopened can of tennis balls to the first class meeting.

Instructor: Fabian Grassini Tennis & Sports Staff

Fee: \$95 per participant – Resident  
\$100 per participant – Non-Resident  
(8-week session)



Materials Fee: A \$10 T-shirt fee (uniform) payable to the instructor first day of class.

Location: Monday classes - Pittsford Park  
(21701 Pittsford Dr)  
Wednesday classes – Foothill Ranch Community Park  
(19422 Rue De Valore)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#:</b> 4006	<b>3-5 yrs</b>	<b>Apr 7-Jun 2*</b>	<b>Mon</b>	<b>3:30-4:30 pm</b>
<b>Act#:</b> 4007	<b>6-7 yrs</b>	<b>Apr 7-Jun 2*</b>	<b>Mon</b>	<b>4:30-5:30 pm</b>
<b>Act#:</b> 4008	<b>8-12 yrs</b>	<b>Apr 7-Jun 2*</b>	<b>Mon</b>	<b>5:30-6:30 pm</b>
<b>Act#:</b> 4009	<b>3-5 yrs</b>	<b>Apr 9-May 28</b>	<b>Wed</b>	<b>3:30-4:30 pm</b>
<b>Act#:</b> 4010	<b>6-7 yrs</b>	<b>Apr 9-May 28</b>	<b>Wed</b>	<b>4:30-5:30 pm</b>
<b>Act#:</b> 4011	<b>8-12 yrs</b>	<b>Apr 9-May 28</b>	<b>Wed</b>	<b>5:30-6:30 pm</b>

\*No class 5/26

## TriFyft Sports: Soccer Skillz Clinic

This is a great chance for beginning and advanced soccer players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching them the benefits of sportsmanship, discipline, and teamwork. Each athlete will be taught drills to help further their skill development.

Instructor: TriFyft Sports Staff

Fee: \$85 per participant – Resident  
\$90 per participant- Non-Resident  
(8-week session)



Location: Foothill Ranch Community Park  
(19422 Rue De Valore)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#:</b> 4092	<b>3-4 yrs</b>	<b>Mar 28-May 16</b>	<b>Fri</b>	<b>5:30-6:15 pm</b>
<b>Act#:</b> 4093	<b>5-6 yrs</b>	<b>Mar 28-May 16</b>	<b>Fri</b>	<b>6:30-7:15 pm</b>

### Did you know you can register for classes and programs 24/7?

Our online registration is ready when you are! Whether you are an early bird or a night owl, you can sign up for your favorite classes when it's most convenient for you. Visit online. [activecommunities.com/lfreonline](http://activecommunities.com/lfreonline) and you'll be on your way!

## TriFyft Sports: Multi-Sport Skillz Clinic

This is a great chance for beginning and advanced soccer, tee-ball and basketball players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching them the benefits of sportsmanship, discipline, and teamwork. Each athlete will be taught drills to help further their skill development.

Instructor: TriFyft Sports Staff

Fee: \$85 per participant – Resident  
\$90 per participant – Non-Resident  
(8-week session)



Location: Foothill Ranch Community Park  
(19422 Rue De Valore)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#:</b> 4094	<b>3-4 yrs</b>	<b>Mar 29-May 17</b>	<b>Sat</b>	<b>9:00-9:45 am</b>
<b>Act#:</b> 4095	<b>5-7 yrs</b>	<b>Mar 29-May 17</b>	<b>Sat</b>	<b>10:30-11:15 am</b>

## Parent & Me Art Time

Explore a variety of art materials and fire up your child's imagination! Hands-on projects may include: painting, drawing, printmaking, clay sculptures and much more! Come enjoy a special and creative time shared between you and your little artist. All materials and aprons will be provided and parent participation is required. An additional \$20 material fee is due to the instructor first class meeting.

Instructor: My Art Studio – Lucia Henry

Fee: \$65 – Resident  
\$70 – Non-Resident  
(5-week session)

Materials Fee: An additional material fee of \$20 due to instructor on first class meeting

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#:</b> 4098	<b>3-5 yrs</b>	<b>May 7-Jun 4</b>	<b>Wed</b>	<b>2:30-3:15 pm</b>
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## Ceramic Creations

Have a blast learning how to turn clay into wonderful creatures and other fun projects. We will hand build the pieces as we learn techniques such as coiling, scoring, slab construction and more. We will decorate the pieces with under glazes (special paint for wet clay.) Different projects will take place each day. All pieces will be glazed and fired and aprons will be provided.

Instructor: My Art Studio – Lucia Henry

Fee: \$75 – Resident  
\$80 – Non-Resident  
(5-week session)

Materials Fee: An additional material fee of \$20 due to instructor on first class meeting

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#:</b> 4070	<b>6-12 yrs</b>	<b>May 7-Jun 11</b>	<b>Wed</b>	<b>3:30-4:45 pm</b>
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## Youth Gymnastics

This is an introduction to gymnastics for 6-12 year olds! This course teaches basic skills for floor exercise, bars, balance beam, and vault along with a 30 foot long trampoline. Participants will learn cartwheels, round offs, back handsprings and much more. Most of all everyone will have fun!!!! This class also includes **FREE open play** for anyone signed up in our gymnastics program. Open play is every Thursday 1-2 pm.

Instructor: Us Too Center Staff

Fee: \$45 – Resident  
\$50 – Non-resident  
(4-week sessions)

Location: Us Too Center (25 Spectrum Pointe Dr #405)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

Act#: 4054	6-8 yrs	Mar 4-25	Tue	5:45-6:30 pm
Act#: 4055	6-8 yrs	Mar 4-25	Tue	6:30-7:15 pm
Act#: 4056	6-8 yrs	Apr 1-22	Tue	5:45-6:30 pm
Act#: 4057	6-8 yrs	Apr 1-22	Tue	6:30-7:15 pm
Act#: 4058	6-8 yrs	Apr 29-May 20	Tue	5:45-6:30 pm
Act#: 4059	6-8 yrs	Apr 29-May 20	Tue	6:30-7:15 pm
Act#: 4060	9-12 yrs	Mar 6-27	Thu	5:00-5:45 pm
Act#: 4061	9-12 yrs	Mar 6-27	Thu	6:30-7:15 pm
Act#: 4062	9-12 yrs	Apr 3-24	Thu	5:00-5:45 pm
Act#: 4063	9-12 yrs	Apr 3-24	Thu	6:30-7:15 pm
Act#: 4064	9-12 yrs	May 1-22	Thu	5:00-5:45 pm
Act#: 4065	9-12 yrs	May 1-22	Thu	6:30-7:15 pm

## Zumba® Kids

Boys and Girls will keep active with the Zumba® Kids program. It is the ultimate dance-fitness party for young Zumba fans ages 7-12, where you can play it loud and rock with friends to your own rules! This program features age-appropriate music and moves that get kids movin' to the beat. It's all about feeling fearless on the dance floor, reinforcing the idea that it's okay to just be yourself and dance like no one's watching! Our certified instructor will teach you Hip Hop, Salsa, Reggaeton, and other crazy-cool Dance-Fitness moves.

Instructor: Raelyn Brachmann

Fees: \$45 – Resident  
\$50 – Non-Resident  
(6-week sessions)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

Act#: 4084	7-12 yrs	Mar 4-Apr 8	Tue	4:00-5:00 pm
Act#: 4085	7-12 yrs	Apr 15-May 20	Tue	4:00-5:00 pm

Three easy ways to register:  
online, mail-in, or walk-in!

Turn to pages 31-32 for more info.

## Beginning Jazz



While dancing to the music of today, this form of dance is most commonly seen on TV and videos, as well as, on the stage. This fun and energetic class develops style, strength, flexibility, and coordination. Jazz classes will focus on turns, leaps, and jazz choreography.

Instructor: OC All-Stars Cheer and Dance Staff

Fee: \$60 – Resident  
\$65 – Non-Resident  
(4-week sessions)

Location: OC All-Stars Dance and Cheer  
(19531 Pauling, Suite 200, Foothill Ranch, 92610)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

Act#: 4164	7-12 yrs	Mar 10-31	Mon	5:00-6:00 pm
Act#: 4165	7-12 yrs	Mar 11-Apr 1	Tue	4:00-5:00 pm
Act#: 4166	7-12 yrs	Apr 14-May 5	Mon	5:00-6:00 pm
Act#: 4167	7-12 yrs	Apr 15-May 6	Tue	4:00-5:00 pm

## Game Design: Beginning to Advanced

Improve your skills and impress with your own unique video game! Advanced gamers learn new game design techniques including multiple character animations and movement options, platform style games and multiple game genres. Beginners work in pairs and are introduced to fundamental game design elements, including character creation, background design and building a complete video game level. All students will have a completed game by the end of class.

Instructor: Freshi Media Staff

Fee: \$110 – Resident  
\$115 – Non-Resident  
(6-week session)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

Act#: 4099	7-12 yrs	Apr 3-May 22	Thu	3:30-4:45 pm
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## Tech Builders: App Design



The Freshi Media App Design class is a fun and exciting introduction for students who want to learn different aspects of computer based App Design. Utilizing Multimedia Fusion 2 software, students work closely with instructors to create individual computer based apps. Students will complete one app project, which combines fun game-based apps and practical utility apps.

Instructor: Freshi Media Staff

Fee: \$115 – Resident  
\$120 – Non-Resident  
(6-week session)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

Act#: 4100	8-13 yrs	Apr 2-May 21	Wed	3:30-4:45 pm
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## Acrobatics: Tumbling for Dancers



This class introduces students to tumbling and acrobatics in a dance environment. Students will build strength, coordination, balance and flexibility as they work on rolls, cartwheels, walk-overs, handstands, aerials, elbow stands and more! All levels welcome. Please wear fitted clothes with hair pulled back.

Instructor: OC All-Stars Cheer and Dance Staff

Fee: \$60 – Resident  
\$65 – Non-Resident  
(4-week session)

Location: OC All-Stars Dance and Cheer  
(19531 Pauling, Suite 200, Foothill Ranch, 92610)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#: 4168</b>	<b>10-17 yrs</b>	<b>Mar 11-Apr 1</b>	<b>Tue</b>	<b>8:00-9:00 pm</b>
<b>Act#: 4169</b>	<b>10-17 yrs</b>	<b>Apr 15-May 6</b>	<b>Tue</b>	<b>8:00-9:00 pm</b>

## Beginning Guitar

Playing the guitar is an enjoyable way to enrich your life through music. This class is designed to build a strong foundation for people with no experience playing the guitar. Students will learn several open position chords and many strum styles and time signatures. Students must bring their own guitar and tuner.

Instructor: Ron Gorman

Session I Fee: \$90 – Resident  
\$95 – Non-Resident  
(5-week session)

Session II Fee: \$55 – Resident  
\$60 – Non-Resident  
(3-week session)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

Session I

<b>Act#: 4071</b>	<b>10 yrs-Adult</b>	<b>Apr 30-May 28</b>	<b>Wed</b>	<b>7:30-8:30 pm</b>
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Session II

<b>Act#: 4072</b>	<b>10 yrs-Adult</b>	<b>Jun 5-Jun 19</b>	<b>Wed</b>	<b>4:30-5:30 pm</b>
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Ron Gorman, Beginning Guitar Instructor

## Basic First Aid

This American Safety and Health Institute (ASHI) course is OSHA approved and recommended for anyone interested in learning the basics when it comes to handling some of life's more common emergencies. This course covers how to treat bleeding, burns, shock and much more. Participants will receive a First Aid card valid for two years. **Participants should bring a self-addressed stamped envelope.**

Instructor: Workshops on Wellness – Sabrina Bradley, MS, CHES

Fee: Free – Resident  
\$5 – Non-Resident

**(Pre-registration is required for this course and space is limited)**

Material Fee: An additional \$15 material fee is due to instructor the day of class

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#: 4047</b>	<b>10-Adult</b>	<b>May 3</b>	<b>Sat</b>	<b>3:00-5:00 pm</b>
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## CPR: Adult, Child & Infant

The ability to perform CPR properly is a lifesaving skill that everyone could benefit from learning. This American Safety and Health Institute (ASHI) course meets the requirements of OSHA and is EMSA approved for daycare providers. This course covers CPR and the Heimlich maneuver for adults, children and infants. In addition, each participant will have his/her own 2 mannequins on which to practice. Participants will receive a certification card which is valid for 2 years. Participants should bring a self-addressed stamped envelope. Please Note: This is not a Healthcare Provider level course. (Pre-registration is required for this course and space is limited.)

Instructor: Workshops on Wellness – Sabrina Bradley, MS, CHES

Fee: \$28- Resident  
\$33- Non-Resident  
(one-time workshop)

Material Fee: An additional \$15 material fee is due to instructor the day of class

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#: 4039</b>	<b>10-Adult</b>	<b>Mar 19</b>	<b>Wed</b>	<b>7:00-9:30 pm</b>
<b>Act#: 4045</b>	<b>10-Adult</b>	<b>May 3</b>	<b>Sat</b>	<b>12:30-3:00 pm</b>

***We do not pro-rate any of our classes.  
Late registrants will be expected to pay  
full price for courses.***

## Seriously Awesome Sitters

Here's the ultimate babysitter preparation class! Not only will you become certified in Basic First Aid and Adult, Child and Infant CPR, but you'll also learn how to market your services, safely care for children, make healthy snacks, and entertain kids so that you'll be recognized as an awesome sitter who will be asked back again and again! **An additional \$40 material fee is payable to the instructor in class for training manuals, certification cards, mannequins, supplies, etc.** Please bring a self-addressed stamped envelope, pen/pencil, lunch, and infant-sized doll or Teddy Bear to class.

Instructor: Workshops on Wellness – Sabrina Bradley, MS, CHES

Fee: \$28 – Resident  
\$33 – Non-Resident  
(one-time workshop)

Material Fee: An additional \$40 material fee is due to instructor the day of class

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4049 10-Adult May 3 Sat 10:00 am-5:00 pm**

## Computer Basics 101

Do you need help with your computer? Are you caught – confused; not knowing how to speak computer talk?? This class will be an opportunity to answer all of your basic computer needs. The following topics will be covered: Apple versus Windows PC, email, Facebook, Twitter, downloading pictures, photo sharing, printers, USB drives, memory cards, Skype, video conferencing and web cams.

Instructor: John KiHan Na

Fee: \$50 per participant – Resident  
\$55 per participant – Non-Resident  
(one-time workshop)

Material Fee: An additional \$3 material fee is due to the instructor

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Mail-In or Walk-In. Online registration is not available for this program.**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#: 4178</b>	<b>13 &amp; up</b>	<b>Mar 12</b>	<b>Wed</b>	<b>7:00-8:30 pm</b>
<b>Act#: 4179</b>	<b>13 &amp; up</b>	<b>Mar 26</b>	<b>Wed</b>	<b>7:00-8:30 pm</b>
<b>Act#: 4180</b>	<b>13 &amp; up</b>	<b>Apr 9</b>	<b>Wed</b>	<b>7:00-8:30 pm</b>
<b>Act#: 4181</b>	<b>13 &amp; up</b>	<b>Apr 23</b>	<b>Wed</b>	<b>7:00-8:30 pm</b>
<b>Act#: 4182</b>	<b>13 &amp; up</b>	<b>May 7</b>	<b>Wed</b>	<b>7:00-8:30 pm</b>
<b>Act#: 4183</b>	<b>13 &amp; up</b>	<b>May 21</b>	<b>Wed</b>	<b>7:00-8:30 pm</b>

## Spring Registration Dates:

Tuesday, February 11 (Lake Forest Residents)

Tuesday, February 18 (Non-Residents)

## Beginning Hip Hop



This dance style is often seen in music videos and is taught to today's hip-hop music! This energetic, and exciting class emphasizes body movement and rhythm, and is a great way to learn the moves of today!

Instructor: OC All-Stars Cheer and Dance Staff

Fee: \$60 – Resident  
\$65 – Non-Resident  
(4-week session)

Location: OC All-Stars Dance and Cheer  
(19531 Pauling, Suite 200, Foothill Ranch, 92610)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#: 4170</b>	<b>12-17 yrs</b>	<b>Mar 13-Apr 3</b>	<b>Thu</b>	<b>6:00-7:00 pm</b>
<b>Act#: 4171</b>	<b>12-17 yrs</b>	<b>Apr 17-May 8</b>	<b>Thu</b>	<b>6:00-7:00 pm</b>

## Adult

## Candlelight Yoga Flow



In this course, participants will be taken through a Vinyasa/Hatha flow within a room full of candles. Students will experience the relaxing and meditative side as well as the strengthening and sometimes challenging side of yoga by candlelight. Bring a mat and stay warm and relaxed during these spring courses. All skill levels welcome!

Instructor: Devann Sheuerman

Fee: \$72 – Resident  
\$77 – Non-Resident  
(6-week session)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#: 4111</b>	<b>18 &amp; up</b>	<b>Mar 5-Apr 16*</b>	<b>Wed</b>	<b>7:00-8:00 pm</b>
<b>Act#: 4112</b>	<b>18 &amp; up</b>	<b>Apr 23-May 28</b>	<b>Wed</b>	<b>7:00-8:00 pm</b>

**\*No class 4/9**

## Tennis For Everyone ~ Adult

You will do it all, from drills to match play, in a fast-paced, fun-filled environment. The beginning class will work on the basics, such as: technique, footwork and rules of the game. The intermediate class will focus on: stroke production, tennis drills and match play. Please bring an unopened can of tennis balls to the first class meeting. A \$10 T-shirt fee (optional) is payable to the instructor on the first day of class.

Instructor: Fabian Grassini Tennis & Sports Staff

Fee: \$95 per participant – Resident  
\$100 per participant – Non-Resident  
(8-week session)

Location: El Toro Park Tennis Courts (23701 Los Alisos Blvd)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#: 4109</b>	<b>16 yrs and up</b>	<b>Apr 12-May 31</b>	<b>Beg Sat</b>	<b>9:00-10:00 am</b>
<b>Act#: 4110</b>	<b>16 yrs and up</b>	<b>Apr 12-May 31</b>	<b>Int Sat</b>	<b>10:00-11:00 am</b>

## Cardio Yoga Booty Ballet

From the Hollywood studio, Swerve, burn calories and sweat while enjoying cardio dance and toning exercises used by dancers. This dance workout is a fun, motivating way to get a great workout burning calories and fat through the hybrid of cardio and muscle fatigue. Participants learn basic cardio dance movements that are easy to follow, tone entire body with ballet & pilates movements and then strengthen and lengthen with a hybrid of hatha yoga. Class is perfect for those that crave the balance of cardio but want to tone, burn and then conclude with relaxing yoga. Participants need to bring yoga mat, water and a 2 lb. weight. For more information on Orange County Dance Productions and Yoga Booty Ballet please visit [OCDanceProductions.com](http://OCDanceProductions.com).

Instructor: OC Dance Productions Staff

Fee: \$119 – Resident  
\$124 – Non-Resident  
(10-week session)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4029 18 & up Mar 10-May 19\* Mon 6:30-7:30 pm**

**\*No class 4/14**

## Zumba®

Zumba is one of the most unique, fun, and beneficial exercise programs to have blessed the fitness market for its diversity and level of fun! There are numerous different styles of Latin dances mixed in (Salsa, Merengue, Cumbia, Reggaeton, etc), and the beautiful part of this class is that you don't have to be a dancer or professional, period. Zumba Fusion allows anyone and everyone to have fun while dancing and exercising, and at the same time - learning different styles of movement to amazing music. You can't beat that! Classes begin March 5!

Instructor: OC Zumba Fitness Staff

Fee: \$50 per participant – Resident  
\$55 per participant – Non-Resident  
(6-week session)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Mail-In or Walk-In. Online registration is not available for this program.**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4086 18 & up Mar 5-Apr 16\* Wed 5:30-6:30 pm**

**Act#: 4087 18 & up Apr 23-May 28 Wed 5:30-6:30 pm**

**\*No class 4/9**

## Zumba Gold

Zumba Gold is a low impact fitness program that utilizes combinations of exciting and motivating Latin and International rhythms to tone and strengthen the body. The program is designed for active older adults, the true beginner or anyone interested in a low impact program that is effective and easy to follow. **These classes are ongoing and class packages are provided with registration.**

Instructor: Angie Velez

Fee: **Act#: 4113** One-Time \$8 – Resident  
\$13 – Non-Resident

**Act#: 4114** 5-class package \$40 – Resident  
\$45 – Non-Resident

**Act#: 4115** 10-class package \$72 – Resident  
\$77 – Non-Resident

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Mail-In or Walk-In. Online registration is not available for this program.**

**For more info call: The City of Lake Forest at 461-3450**

**18 & up Ongoing Sat 10:00-11:00 am**

## Zumba Gold Sentao



Sentao is a chair based choreography designed to strengthen, balance, stabilize the core and provide a great cardio workout in a whole new way. Don't let the "chair" fool you, this is not considered a chair exercise class. The chair is used as a tool in the workout to give support and enhance the movements. Utilizing the same international rhythms we do standing up in ZUMBA GOLD, we shake and shimmy and work the chair in a way that will keep participants on the edge of their seat!

Instructor: Angie Velez

Fee: **Act#: 4116** One-Time \$8 – Resident  
\$13 – Non-Resident

**Act#: 4117** 5-class package \$40 – Resident  
\$45 – Non-Resident

**Act#: 4118** 10-class package \$72 – Resident  
\$77 – Non-Resident

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Mail-In or Walk-In. Online registration is not available for this program.**

**For more info call: The City of Lake Forest at 461-3450**

**18 & up Ongoing Tue 8:00-9:00 am**

## Could we have your email address?

In order to keep you in the loop with exciting news and various class and program updates from Community Services, it's important that we have your current email address. Just give us a call during normal business hours and we'll update your family account with the info. If you don't already have a family account set up with us, we can help you with that, too!



## Adult Ballet



This great way to have fun and get fit introduces dancers to the classical beauty of ballet. Dancers will gain flexibility, technique, coordination, balance, and body alignment. Class includes stretching, a ballet barre warm up, and various combinations taught across the floor. All ages and levels of adults welcome!

Instructor: OC All-Stars Cheer and Dance Staff

Fee: \$60 – Resident  
\$65 – Non-Resident  
(4-week sessions)

Location: OC All-Stars Dance and Cheer  
(19531 Pauling, Suite 200, Foothill Ranch, 92610)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#:</b> 4174	<b>18 &amp; up</b>	<b>Mar 13-Apr 3</b>	<b>Thu</b>	<b>8:00-9:00 pm</b>
<b>Act#:</b> 4175	<b>18 &amp; up</b>	<b>Apr 17-May 8</b>	<b>Thu</b>	<b>8:00-9:00 pm</b>

## Adult Hip Hop



Come have fun, get fit, and dance to the hottest music of today! This energetic and exciting class emphasizes body movement and rhythm, and is a great way to sweat, and have fun!

Instructor: OC All-Stars Cheer and Dance Staff

Fee: \$60 – Resident  
\$65 – Non-Resident  
(4-week sessions)

Location: OC All-Stars Dance and Cheer  
(19531 Pauling, Suite 200, Foothill Ranch, 92610)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#:</b> 4176	<b>18 &amp; up</b>	<b>Mar 13-Apr 3</b>	<b>Thu</b>	<b>7:00-8:00 pm</b>
<b>Act#:</b> 4177	<b>18 &amp; up</b>	<b>Apr 17-May 8</b>	<b>Thu</b>	<b>7:00-8:00 pm</b>

## Corrective Exercise Class

The modern world has left our bodies out of balance with a host of aches and pains resulting from lack of proper movement, poor posture, and other dysfunctions. The seated workplace, satellite TV, cell phones and other modern conveniences, have strained our human form which is ideally aligned to handle the challenges it faces on a daily basis. Come learn the proper corrective techniques of faulty posture and eliminate current orthopedic dysfunction by focusing on SMR (Foam Rolling), flexibility, balance, and strengthening. This course will improve strength and endurance and leave you feeling revitalized.

Instructor: Jobi Morrison

Fee: \$75 – Resident  
\$80 – Non-Resident  
(6-week session)

Location: Fitness Comes First (23161 Lake Center Drive #125)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#:</b> 4127	<b>18 &amp; up</b>	<b>Mar 11-Apr 15</b>	<b>Tue</b>	<b>12:30-1:30 pm</b>
<b>Act#:</b> 4128	<b>18 &amp; up</b>	<b>Mar 12-Apr 16</b>	<b>Wed</b>	<b>4:00-5:00 pm</b>
<b>Act#:</b> 4129	<b>18 &amp; up</b>	<b>Mar 13-Apr 17</b>	<b>Thu</b>	<b>12:30-1:30 pm</b>
<b>Act#:</b> 4130	<b>18 &amp; up</b>	<b>Mar 15-Apr 19</b>	<b>Sat</b>	<b>11:30 am-12:30 pm</b>

## Dog Lure Coursing



Lure Coursing is a fast-paced, fun chase sport. Dogs run after a "bunny" lure (usually a white plastic bag) that is attached to a line that is controlled by a machine and a lure operator. The machine runs the line at the speed determined by the lure operator (and the dogs) and the dogs chase the lure. This is the only place in Orange County where your dog can participate in this sport!

Instructor: Erin Riley

Fee: \$125 – Resident  
\$130 – Non-Resident  
(5-week sessions)

Location: Pittsford Park (21701 Pittsford Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#:</b> 4107	<b>Adult</b>	<b>Apr 26-May 24</b>	<b>Sat</b>	<b>3:15-5:15 pm</b>
<b>Act#:</b> 4108	<b>Adult</b>	<b>Jun 14-Jul 12</b>	<b>Sat</b>	<b>3:15-5:15 pm</b>

## Dog Obedience Class

For dogs at least 4 months old, this class focuses on basic obedience and solving behavior problems such as biting, jumping, barking, chewing, and digging. The primary goal is to turn the unruly pet into an enjoyable, well-mannered companion and a member of the family. Do not bring dog to first class. Owner must provide proof of vaccinations, choke chain, and leash.



"Jack" Silvey

*(Participants who show proof of adopting an animal from the Orange County Animal Shelter within six months of the adoption date, will receive a 25% discount on the registration fee. Only valid for Mail-in and Walk-In registration with copy of adoption papers. Online registration is not available for discount program.)*

Instructor: Mari Quillman

Fee: \$65 – Resident  
\$70 – Non-Resident  
(8-week session)

Location: Pittsford Park (21701 Pittsford Dr)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#:</b> 4122	<b>Families</b>	<b>Mar 12-Apr 30</b>	<b>Wed</b>	<b>6:30-7:30 pm</b>
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## Spring Registration Dates:

Tuesday, February 11 (Lake Forest Residents)  
Tuesday, February 18 (Non-Residents)

## Dog Agility Training

Our Intelligent Agility classes focus on learning the basic obstacles in an agility course, strengthening the bond between you and your dog. Dogs must have proof of vaccination and have completed a previous obedience class. Dogs also must be at least 8 months of age to participate.

Instructor: Erin Riley

Fee: \$125 – Resident  
\$130 – Non-Resident  
(5-week sessions)

Location: Pittsford Park (21701 Pittsford Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#:</b> 4101	<b>Adult</b>	<b>Apr 26-May 24</b>	<b>Beg Sat</b>	<b>12:30-1:30 pm</b>
<b>Act#:</b> 4102	<b>Adult</b>	<b>Apr 26-May 24</b>	<b>Int Sat</b>	<b>11:15 am-12:15 pm</b>
<b>Act#:</b> 4103	<b>Adult</b>	<b>Apr 26-May 24</b>	<b>Adv Sat</b>	<b>10:00-11:00 am</b>
<b>Act#:</b> 4104	<b>Adult</b>	<b>Jun 14-Jul 12</b>	<b>Beg Sat</b>	<b>12:30-1:30 pm</b>
<b>Act#:</b> 4105	<b>Adult</b>	<b>Jun 14-Jul 12</b>	<b>Int Sat</b>	<b>11:15 am-12:15 pm</b>
<b>Act#:</b> 4106	<b>Adult</b>	<b>Jun 14-Jul 12</b>	<b>Adv Sat</b>	<b>10:00-11:00 am</b>

## Help, I'm Overwhelmed with Photos!



In this class you will learn how to organize your photos, make beautiful digital scrapbooks and pages, as well as how to make fast traditional albums. You will have access to a FREE photo organization app as well as other organizational and digital tools. Please bring 10-12 photos with you to create a Simply Said Scrapbook in class.

Instructor: Kim Martin

Fees: \$25 – Resident  
\$30 – Non-Resident  
(1-day workshop)

Material Fee: An additional \$15 material fee is due to instructor

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#:</b> 4119	<b>Adult</b>	<b>Mar 20</b>	<b>Thu</b>	<b>7:00-9:30 pm</b>
<b>Act#:</b> 4120	<b>Adult</b>	<b>May 15</b>	<b>Thu</b>	<b>7:00-9:30 pm</b>

## Simply Digital: Digital Scrapbooking



In this class you will learn step-by-step instruction on how to create beautiful digital scrapbooks, 12x12 page prints, invitations, cards, party favors and more!

Instructor: Kim Martin

Fees: \$25 – Resident  
\$30 – Non-Resident  
(1-day workshop)

Material Fee: An additional \$40 material fee is due to instructor

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#:</b> 4121	<b>Adult</b>	<b>Apr 17</b>	<b>Thu</b>	<b>7:00-9:30 pm</b>
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## Kung Fu: Self-Defense

Over the course of 16 classes, we will focus on self-defense, fitness and self-knowledge. Kung fu is a self-defense system. It also strengthens tendons, stretches muscles and invigorates joints and tissues. Kung fu challenges your body and mind, cultivates self-discipline and increases strength and flexibility. Lau Kune Do utilizes the centerline theory and maximizes efficiency, directness, economy of motion and speed. Please wear comfortable, loose fitting clothing. Shoes are optional. In order to insure quality instruction and comfort, there is a **15-student limit** for this class.

Instructor: Master Richard Tsim, Sihing Paul Bennett

Fee: \$120 – Resident  
\$125 – Non-Resident  
(8-week session)

Location: Lau Kune Do School of Martial Arts  
(22762 Aspan St., #207)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#:</b> 4123	<b>18 &amp; up</b>	<b>Mar 10-Apr 30</b>	<b>Mon &amp; Wed</b>	<b>7:00-8:00 pm</b>
<b>Act#:</b> 4124	<b>18 &amp; up</b>	<b>Mar 11-May 1</b>	<b>Tue &amp; Thu</b>	<b>6:00-7:00 pm</b>

## Tai Chi/Qi Gong: Relaxation, Balance and Stress Reduction

Over the course of 16 structured classes, you will learn to cultivate your own internal energy and reduce stress the natural way with the flowing, gentle art of tai chi. This meditative art focuses on relaxation, stress reduction and returning the body to its natural state of balance. You can expect your energy levels to skyrocket while your circulatory, nervous and respiratory systems strengthen and harmonize. Tai chi increases flexibility through simple stretching and helps galvanize the joints, tendons and bones from degenerating diseases, accidents or over-use. Please wear comfortable, loose fitting clothing. In order to ensure quality instruction and comfort, there is a 15-student limit for this class.

Instructor: Master Richard Tsim

Fee: \$120 – Resident  
\$125 – Non-Resident  
(8-week session)

Location: Lau Kune Do School of Martial Arts  
(22762 Aspan St., #207)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#:</b> 4125	<b>18 &amp; up</b>	<b>Mar 10-Apr 30</b>	<b>Mon &amp; Wed</b>	<b>6:00-7:00 pm</b>
<b>Act#:</b> 4126	<b>18 &amp; up</b>	<b>Mar 11-May 1</b>	<b>Tue &amp; Thu</b>	<b>7:00-8:00 pm</b>

**Three easy ways to register:  
online, mail-in, or walk-in!**

*Turn to pages 31-32 for more info.*

## SPECIAL NEEDS



The City of Lake Forest in conjunction with Us Too Gymnastics is excited to be able to offer recreation programs for children with special needs.

### Us Too Gymnastics for Kids with Special Needs

Our Gymnastics class is specifically designed for children and teens with special needs (Autism, Down Syndrome, etc.) your child will learn basic gymnastics, while working on social behaviors and talking turns, but most of all they will have fun. The ratio for our class is 3-5 students with 2 instructors. Call to set up a free trial and get your child signed up. Make sure to mention the city to get our special price for Lake Forest residents. This class also includes **free open play** for anyone signed up in our gymnastics program. Open play is every Thursday from 1-2 pm. Enrollment allows for four 45-minute classes, please call to set up individual dates and times.

Instructors: Us Too Center Staff

Fee: \$75 per month – Resident  
\$80 per month – Non-Resident

Location: Us Too Gymnastics (25 Spectrum Pointe Dr #405)

**To Register:** Mail-In, Walk-In. Online registration is not available for this program.

**For more info call:** The City of Lake Forest at 461-3450

**Act#:** 4157    **3-19 yrs**    **On-going**    **Mon-Sat**    **varies**

## What Is "TOPSoccer"?



**TOPSoccer, The Outreach Program for Soccer, is a community-based soccer program for young athletes with physical and mental disabilities.**

- ⚽ TOPSoccer provides a safe and fun environment for athletes with special needs to participate in organized sports.
- ⚽ Athletes between ages 4 and 30 compete in the program, which emphasizes development, training, and meaningful participation rather than competition. It's ALL about FUN!
- ⚽ Thousands of young athletes with disabilities become valued and successful members of Cal South.
- ⚽ TOPSoccer is currently being offered by Laguna Niguel Youth Soccer Association.

For more info, please contact:

Rick Trevers: [Laguna Niguel Youth Soccer Association](mailto:Laguna Niguel Youth Soccer Association)  
[Rick.Trevers@LNYSO.org](mailto:Rick.Trevers@LNYSO.org)

Sandy Castillo: [scastillo@calsouth.com](mailto:scastillo@calsouth.com) or visit [calsouth.com/topsoccer](http://calsouth.com/topsoccer)

## Lake Forest Little League Challenger Baseball



*Challenger Baseball* is a Little League program for boys and girls with special needs. Children **6 to 18 years** of age with any physical and/or developmental disability are welcome.

Register on-line at [LFL.org](http://LFL.org)

**PRACTICES:** Friday afternoons at Foothill Ranch Park field, beginning in February 2014. The focus is skill-building and team work.

**GAMES:** Saturday mornings, February to June 2014. Opening Day and Team Photos are February 22, 2014. Closing Day Festivities are in June. The last game is played on the field at Angel Stadium in Anaheim!

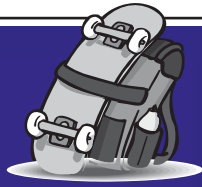
**COST:** \$50.00 is the Little League fee. It covers a great team uniform, team photo, practice and field expenses. Bats and batting helmets are provided or you can use your own. There may be some incidental expenses (team party!), usually not to exceed \$20 over the season.

**GAME FORMAT:** We have fun! This is a self-confidence and skill-building team! Everyone goes to bat, will get on base, and will field and throw the ball. There are no outs and we don't keep score. The games are 2 innings and everyone is a winner! We play with safety in mind and have a great time. Healthy snacks are served after each game.

### Come join the Lake Forest Little League!

For more information or to sign up call:  
Melinda Luttrell (949) 837-3189  
Or email us at [challengers@lfl.org](mailto:challengers@lfl.org)

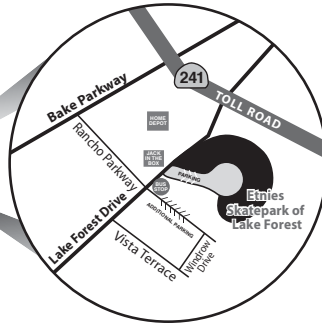
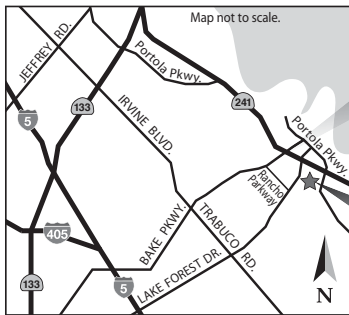
# ETNIES SKATEPARK OF LAKE FOREST



Voted "Best Skatepark 2013" – *Best of OCRegister*  
 "#1 Family Friendly Reader's Choice 2013"  
 Award from *ParentingOC Magazine*



Etnies Skatepark  
 of Lake Forest  
 20028 Lake Forest Drive  
 Lake Forest, CA 92630



Come visit Lake Forest's own award winning, world class skateboard facility. At over 62,000 square feet, the Skatepark is a destination spot for skateboarders from around the world.

Park Entry Fee: Free to ride. Non Residents of Lake Forest must pay a nominal fee of \$5 for the printing of their ID card. Sessions are still free, thanks to the City of Lake Forest.

Location: 20028 Lake Forest Dr.

Phone: 949 916 5870

**In the case of inclement weather, please call ahead to see if the Park is open or check the free HD webcam.**

Make sure to visit the Skatepark on the web at [www.EtniesSkatepark.com](http://www.EtniesSkatepark.com). The website features interactive tours of the park, up to date news, links to the Skatepark Twitter and Facebook, photos and videos of recent events, and a collection of history and information about the Skatepark. It is updated weekly with new content so stop by and check it out.

<b>Spring Skate Sessions</b>	Monday-Thursday . . .	11 am-9 pm
	Friday . . . . .	11 am-10 pm
	Saturday . . . . .	10 am-10 pm
	Sunday . . . . .	10 am-9 pm

## SPRING 2014 HOLIDAY HOURS

The Skatepark will be closed  
 Sunday, April 20, 2014 due to the holiday.



## Live Music Showcase

This marks the seventh year of hosting all ages shows at the Skatepark. Past bands have included JFA, The Stitches, Smog town, McRad and a host of other great skate bands. Feel free to skate or watch from inside our viewing area while we raise money for the Keep 'N' It Free campaign. The shows are supervised, safe, and fun for all ages. All proceeds raised go to "Keep 'N' It Free". Please check out [EtniesSkatepark.com](http://EtniesSkatepark.com) for latest show news, photos, and event flyers.

Fee: \$5 donation per person

Location: Etnies Skatepark of Lake Forest  
 (20028 Lake Forest Dr)

**For more info and specific bands playing, please call: The Skatepark at 916-5870**

All Ages

Mar 14

Fri

6:00-10:00 pm

## Spring Skate Egg Hunt at the Park

It's springtime and time for the Skatepark to host its annual holiday egg hunt! Come and visit the Skateboarding Bunny, play in the jump houses, and participate in fun crafts. This is a family friendly event and great for the young ones! The Park will be closed to riding during this event so it will be safe for all to enjoy. Eggs will be hidden throughout the Skatepark and will have small prizes inside each one. Please bring your own basket as we may have limited supplies for the event. **The Egg Hunt starts at 11:15 am sharp, so please don't be late or you will miss it!** Depending on overall turnout, participants may be limited in the amount of eggs they will be allowed to collect.



Fee: \$5 donation per person

Location: Etnies Skatepark of Lake Forest  
 (20028 Lake Forest Dr)

**For more info call: The Skatepark at 916-5870**

All Ages

Apr 19

Sat

11:00 am-1:00 pm

# Birthday Parties at the Skatepark



Make your next party an Etnies Skatepark Skate Party! The Skatepark offers two very popular birthday party packages for the best action sports party available in South Orange County for very affordable rates!

## Party Package Details

- Both packages are designed for 10 participants with the option of an additional 10 participants.
- Each party is scheduled in a 2-hour block (during the week from 11:00 am-8:00 pm or on weekends from 10:00 am-8:00 pm).
- Reservations are required at least one week in advance with a \$100 security deposit required at the time your reservation is made.
- The Skatepark is open to the public during the birthday party; however, in the case of crowds, an area will be sectioned off to ensure safety and fun.  
Optional Piñata in Cradle \$65 – Includes large size piñata, stuffed with candies and grab bags. Skatepark Staff will operate piñata during party.
- The picnic bench area is decorated and reserved for your party goers.

**Note:** All park policies related to waivers and safety gear are to be followed for party goers and the party host or hostess. Cancellation policy is 72-hour advance notice or loss of deposit will occur.

**Inclement weather policy** – If the Park is rained out, the party will be rescheduled to the next most convenient time for the Park as well as the participants.

## Gold Package – \$350

Our best package includes a Skatepark t-shirt for each participant, birthday cake, drinks, 2 pizzas, choice of music during party, decorations, personalized birthday announcement during party, in-party skateboard contest, table reservation, one staff member during party, and a thirty minute group lesson or demonstration. A film pass is also included for parents to film the party action inside the Skatepark facility. Each additional child will cost \$20 up to a maximum of 20 participants.

## Silver Package – \$250

Our most economic package includes birthday cake, drinks, 2 pizzas, choice of music during party, decorations, personalized birthday announcement during party, in-party skateboard contest, table reservation, one staff member during party, and a thirty minute group lesson or demonstration. A film pass is also included for parents to film the party action inside the Skatepark facility. Each additional child will cost \$10 up to a maximum of 20 participants.

Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

To reserve your birthday party, please email [Ngates@lakeforestca.gov](mailto:Ngates@lakeforestca.gov) or contact the Skatepark at 916-5870. Please ask to speak with a Senior Recreation Leader on duty to reserve your party. Parties are only confirmed when we receive the required security deposit.



## The Gathering – Where Art Meets Skateboarding

The second annual exhibition of skateboard art and photography with those that create it held at the best Skatepark around. Come enjoy the sounds of music, great atmosphere, and unique pieces of art. All for the great cause of raising money to keep the Park free. If you're interested in displaying your artwork, photography, or assisting in this fundraiser, please contact Nick Gates at [Ngates@lakeforestca.gov](mailto:Ngates@lakeforestca.gov). Spaces are limited so please contact us quickly.

Fee: \$5 per person

Location: Etnies Skatepark of Lake Forest  
(20028 Lake Forest Dr)

**For more info call: The Skatepark at 916-5870**

**All Ages      Apr 26      Sat      6:00-10:00 pm**  
**Rain Date: May 3, 2014**

## After School Skate Club

Running Tuesday and Thursday 3:30 to 6:30 pm during in-session school days, the afterschool skate club is a great way to improve skills and meet friends. The club is supervised by a Skatepark staff. Club members work on skills, have fun, and learn. For more information please call the Skatepark at 949 916 5870. Members do not have to attend everyday but are asked to attend at least once per week.

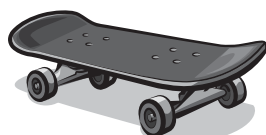
Fee: \$20 per month

Location: Etnies Skatepark of Lake Forest  
(20028 Lake Forest Dr)

**To Register: Sign up at Skatepark Office**

**For more info call: The Skatepark at 916-5870**

**5-17 yrs      Mar, Apr, May      Tue, Thu      3:30-6:30 pm**



## Spring Break Skate Camp

Choose this Spring break to spend a week at one of the best skate camps around! We have been running camps since 2003 and have worked to make it an experience to remember. Specific clinics covered during camp lesson times include, the basics of ollies, how to kick flip, how to grind, bowl riding, and skating transitions. Each camper gets to design their own skateboard. Hone your skills on a variety of the best Skatepark terrain around including the skull bowl, the flow bowl, two large flow courses, Orange County's only cradle, and world class street areas. Each participant will receive an official Etnies Skatepark of Lake Forest t-shirt, skateboard deck, and a lunch/drink each day. All proceeds go directly to keeping the park free.

Instructor: Skatepark Staff

Fee: \$195 per person

Limited to 10 per session.

Location: Etnies Skatepark of Lake Forest  
(20028 Lake Forest Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 3988    6-17 yrs    Apr 7-11    Mon- Fri    10:00 am-2:00 pm**

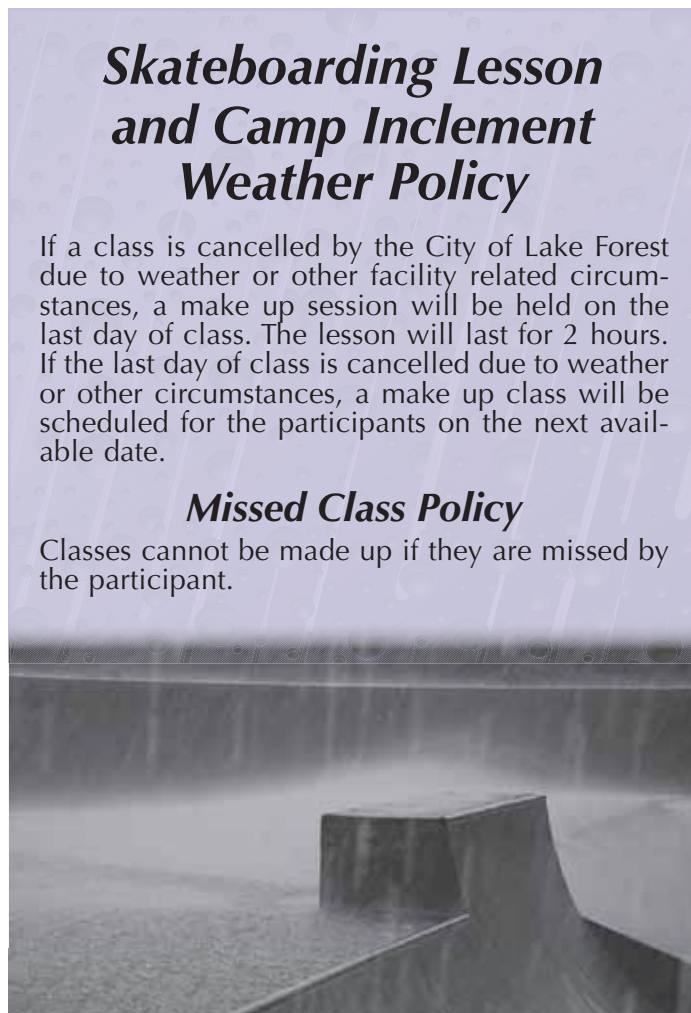
**Act#: 3985    6-17 yrs    Apr 14-18    Mon- Fri    10:00 am-2:00 pm**

## Skateboarding Lesson and Camp Inclement Weather Policy

If a class is cancelled by the City of Lake Forest due to weather or other facility related circumstances, a make up session will be held on the last day of class. The lesson will last for 2 hours. If the last day of class is cancelled due to weather or other circumstances, a make up class will be scheduled for the participants on the next available date.

### Missed Class Policy

Classes cannot be made up if they are missed by the participant.



# Private Skateboard Lessons

The skull bowl, vert wall, or even the 11 stair handrail may be the most intimidating of obstacles for the novice rider. The new private lessons offered at the Skatepark can cater to your skill level on any of the obstacles in the Skatepark. The lessons are taught by experienced riders who are capable of showing the beginners where to start to advanced riders new tricks such as switch stance, pool coping grinds and how to use the flow course to its full potential. Availabilities are limited so make sure to sign up quickly. These lessons are for young and old alike so don't be hesitant to dust off your old board and come on out for some fun and thrills. These lessons are also great for those who may have Special Needs, Preschool age, or those too old for our skate class programs.

Instructor: Skatepark Staff

Fee: \$30 – per half hour session. Sign up for a month of classes for \$100 per 4-lesson package (\$120 value). Choose the time that works best with your busy schedules.

Location: Etnies Skatepark of Lake Forest  
(20028 Lake Forest Dr)

To Register: Mail-In, Walk-In. Online registration is not available for this program.

For more info call: The City of Lake Forest at 461-3450

## MARCH

Act#: 4001 Mar-A	5 yrs and up	Mar 6	Thu	3:00 pm
Act#: 4001 Mar-B	5 yrs and up	Mar 6	Thu	4:00 pm
Act#: 4001 Mar-C	5 yrs and up	Mar 6	Thu	5:00 pm
Act#: 4001 Mar-D	5 yrs and up	Mar 6	Thu	6:00 pm
Act#: 4001 Mar-E	5 yrs and up	Mar 13	Thu	3:00 pm
Act#: 4001 Mar-F	5 yrs and up	Mar 13	Thu	4:00 pm
Act#: 4001 Mar-G	5 yrs and up	Mar 13	Thu	5:00 pm
Act#: 4001 Mar-H	5 yrs and up	Mar 13	Thu	6:00 pm
Act#: 4001 Mar-I	5 yrs and up	Mar 20	Thu	3:00 pm
Act#: 4001 Mar-J	5 yrs and up	Mar 20	Thu	4:00 pm
Act#: 4001 Mar-K	5 yrs and up	Mar 20	Thu	5:00 pm
Act#: 4001 Mar-L	5 yrs and up	Mar 20	Thu	6:00 pm
Act#: 4001 Mar-M	5 yrs and up	Mar 27	Thu	3:00 pm
Act#: 4001 Mar-N	5 yrs and up	Mar 27	Thu	4:00 pm
Act#: 4001 Mar-O	5 yrs and up	Mar 27	Thu	5:00 pm
Act#: 4001 Mar-P	5 yrs and up	Mar 27	Thu	6:00 pm

## APRIL

Act#: 4001 Apr-A	5 yrs and up	Apr 3	Thu	3:00 pm
Act#: 4001 Apr-B	5 yrs and up	Apr 3	Thu	4:00 pm
Act#: 4001 Apr-C	5 yrs and up	Apr 3	Thu	5:00 pm
Act#: 4001 Apr-D	5 yrs and up	Apr 3	Thu	6:00 pm
Act#: 4001 Apr-E	5 yrs and up	Apr 10	Thu	3:00 pm
Act#: 4001 Apr-F	5 yrs and up	Apr 10	Thu	4:00 pm
Act#: 4001 Apr-G	5 yrs and up	Apr 10	Thu	5:00 pm
Act#: 4001 Apr-H	5 yrs and up	Apr 10	Thu	6:00 pm
Act#: 4001 Apr-I	5 yrs and up	Apr 17	Thu	3:00 pm
Act#: 4001 Apr-J	5 yrs and up	Apr 17	Thu	4:00 pm
Act#: 4001 Apr-K	5 yrs and up	Apr 17	Thu	5:00 pm
Act#: 4001 Apr-L	5 yrs and up	Apr 17	Thu	6:00 pm
Act#: 4001 Apr-M	5 yrs and up	Apr 24	Thu	3:00 pm
Act#: 4001 Apr-N	5 yrs and up	Apr 24	Thu	4:00 pm
Act#: 4001 Apr-O	5 yrs and up	Apr 24	Thu	5:00 pm
Act#: 4001 Apr-P	5 yrs and up	Apr 24	Thu	6:00 pm

## MAY

Act#: 4001 May-A	5 yrs and up	May 1	Thu	3:00 pm
Act#: 4001 May-B	5 yrs and up	May 1	Thu	4:00 pm
Act#: 4001 May-C	5 yrs and up	May 1	Thu	5:00 pm
Act#: 4001 May-D	5 yrs and up	May 1	Thu	6:00 pm
Act#: 4001 May-E	5 yrs and up	May 8	Thu	3:00 pm
Act#: 4001 May-F	5 yrs and up	May 8	Thu	4:00 pm
Act#: 4001 May-G	5 yrs and up	May 8	Thu	5:00 pm
Act#: 4001 May-H	5 yrs and up	May 8	Thu	6:00 pm
Act#: 4001 May-I	5 yrs and up	May 15	Thu	3:00 pm
Act#: 4001 May-J	5 yrs and up	May 15	Thu	4:00 pm
Act#: 4001 May-K	5 yrs and up	May 15	Thu	5:00 pm
Act#: 4001 May-L	5 yrs and up	May 15	Thu	6:00 pm
Act#: 4001 May-M	5 yrs and up	May 22	Thu	3:00 pm
Act#: 4001 May-N	5 yrs and up	May 22	Thu	4:00 pm
Act#: 4001 May-O	5 yrs and up	May 22	Thu	5:00 pm
Act#: 4001 May-P	5 yrs and up	May 22	Thu	6:00 pm
Act#: 4001 May-Q	5 yrs and up	May 29	Thu	3:00 pm
Act#: 4001 May-R	5 yrs and up	May 29	Thu	4:00 pm
Act#: 4001 May-S	5 yrs and up	May 29	Thu	5:00 pm
Act#: 4001 May-T	5 yrs and up	May 29	Thu	6:00 pm



## SKATEPARK CLASSES

### Beginning Skateboard Lessons

Have you wanted to start skateboarding but don't know where to begin? Ever wanted to experience the rush of a skateboard, but lack the courage and the know how? This is the class for you. Designed for all ages, these lessons can help develop the skills needed to succeed on your skateboard. Skills practiced during this class are pushing correctly, balance, turning, rolling down banks, learning how to Ollie, and the most important topic, safety in the skateboard park. Full protective gear consisting of a helmet, elbow pads, and knee pads is required. A skateboard purchased from a skateboard shop is highly recommended. A quality board turns better, rolls better, and is much safer to use. This is the most economical skateboard class offered in Orange County. The class maximum is 10 participants to 1 Teacher. If you desire more one on one time in lessons, we would suggest signing up for private lessons.

Instructor: Skatepark Staff

Fee: \$65 – 4 week session

Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3989	6 yrs and up	Mar 4-25	Tue	4:00-5:00 pm
Act#: 3990	6 yrs and up	Apr 1-22	Tue	4:00-5:00 pm
Act#: 3991	6 yrs and up	May 6-27	Tue	4:00-5:00 pm
Act#: 3992	6 yrs and up	Mar 1-22	Sat	9:00-10:00 am
Act#: 3993	6 yrs and up	Apr 5-26	Sat	9:00-10:00 am
Act#: 3994	6 yrs and up	May 3-24	Sat	9:00-10:00 am

### Intermediate Skateboard Lessons

Did you start in the beginning skateboard lessons and have graduated with the basic skills? Now it is time to move up to the intermediate lessons. This class is designed for riders who know some basics but desire to improve. Skills covered in this class are the art of Ollies, ledges, pools, vert, overall park usage and even help with contest skating. This is a fundamental class which can help those wanting to improve and hone their skills. Full protective gear consisting of a helmet, elbow pads, and knee pads is required.

Instructor: Skatepark Staff

Fee: \$65 – 4 week session

Location: Etnies Skatepark of Lake Forest  
(20028 Lake Forest Dr)

To Register: On-line Mail-In, Walk-in

For more info call: The City of Lake Forest at 461-3450

Act#: 3995	6 yrs and up	Mar 4-25	Tue	5:00-6:00 pm
Act#: 3996	6 yrs and up	Apr 1-22	Tue	5:00-6:00 pm
Act#: 3997	6 yrs and up	May 6-27	Tue	5:00-6:00 pm
Act#: 3998	6 yrs and up	Mar 1-22	Sat	10:00-11:00 am
Act#: 3999	6 yrs and up	Apr 5-26	Sat	10:00-11:00 am
Act#: 4000	6 yrs and up	May 3-24	Sat	10:00-11:00 am

## TEEN ACTIVITIES & EXCURSIONS

### (Students Working and Advising For Government)



Do you want to make a difference in your community? Do you wish that there were more things to do in Lake Forest? Then get active in your community and make it happen by joining the S.W.A.G. Let your voice be heard! Help plan teen activities and excursions, be a part of the LFteens.com webpage design group, volunteer for City events, and be a voice for your community. The committee meets twice a month. Teens wishing to be a part of the group must go through the application process that includes a registration packet and interview.

Fee: Free!

Location: The Lounge at the Lake Forest Community Center  
(25550 Commercentre Dr)

To Register: Please submit a S.W.A.G. application available at the Lake Forest Community Center or via the [www.lfteens.com](http://www.lfteens.com) website.

For more info call: 461-3446 or e-mail [charris@lakeforestca.gov](mailto:charris@lakeforestca.gov).

Committee Meetings/New member information nights:

Teens	Mar 6	Thu	6:00-7:00 pm
Teens	Mar 19	Wed	6:00-7:00 pm
Teens	Apr 3	Thu	6:00-7:00 pm
Teens	Apr 23	Wed	6:00-7:00 pm
Teens	May 1	Thu	6:00-7:00 pm
Teens	May 14	Wed	6:00-7:00 pm
Teens	May 29	Thu	6:00-7:00 pm

### Spring Into Fun Teen Camp!

Attention all Intermediate School students! Take a week long break from school and experience fun amusement parks and attractions Southern California has to offer during the spring break! Sign up for this exciting camp where we'll be doing fun activities and games all week long! We'll also be going to fun places like Regal Movies, Pump It Up, Boomers and more! Our fee includes activities, trips, snacks, supplies and transportation. Don't wait! Sign up for this camp fast before you have to go back to school!

Instructor: City Staff

Fee: \$119 per participant

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

To Register: Online, Mail-in, Walk-in

For more info call: The City of Lake Forest at 461-3450

Act#: 4187 12-14 yrs Apr 14- 18 Mon-Fri 8:00 am-6:00 pm



## THE Lounge

Join us for the most fun and exciting afterschool program around... The Teen Lounge! We have an X-Box 360, movies, games, a computer lab, homework help, and so much more. What are you waiting for? Sign up today! A FREE shuttle service is available for both Serrano and Los Alisos Intermediate Schools. The Lounge follows the SVUSD calendar, observes all school holidays and adjusts program times to accommodate minimum days. The program runs Monday through Thursday for the entire school year so the fun won't stop until it's summertime. **Pre-registration is required for this program.**

Fee: Free

Location: The Teen Lounge at the Lake Forest Community Center (25550 Commercentre Dr)

For more info call: 461-3446 or e-mail [charris@lakeforestca.gov](mailto:charris@lakeforestca.gov).

To Register: Pick up a registration packet at the Serrano or Los Alisos Middle School offices or at the Lake Forest Community Center.

**Teens**                      **2013-2014 School Year**                      **Mon-Thu**  
**3:30-6:00 pm (excluding school holidays)**

## Teen Lounge Nights

Join us at the end of every month and celebrate Teen Lounge Nights! Give your parents a night off and celebrate good times with friends at the TEEN LOUNGE! There will be games, dinner, movie screenings, DJ and even caricature artists and comedians! Cool prizes will also be raffled away! These will be Friday nights you won't want to miss! Pre-registration is required.

Fee: \$5 per person per Friday

Location: Lake Forest Community Center  
 (25550 Commercentre Dr)

Registration Deadline: Wednesdays before the Fridays

For More Info Call: 461-3446 or email [charris@lakeforestca.gov](mailto:charris@lakeforestca.gov)

To Register: Online, Mail-In, Walk-In

Act#: 4184	11-14 yrs	Mar 28	Fri	5:00-10:00 pm
Act#: 4185	11-14 yrs	April 25	Fri	5:00-10:00 pm
Act#: 4186	11-14 yrs	May 30	Fri	5:00-10:00 pm

# COMMUNITY SERVICES

## Sheriff's Team of Active Retired Seniors (S.T.A.R.S.)

The Sheriff's Team of Active Retired Seniors is a senior citizen volunteer program through the City of Lake Forest. It was founded in 1997 to assist the City of Lake Forest and the Lake Forest Police Services. Some of the duties performed by the S.T.A.R.S. are: vacation home checks, business checks, assist in Neighborhood Watch programs, van patrol, radar display board trailer, assist both Code Enforcement and Public Works, City Park Watch, clerical support, special events, and Seniors Offering Support.



Qualifications:

- Resident of the City of Lake Forest (including Portola Hills and Foothill Ranch).
- Must be willing to donate four to six hours a week.
- Must possess a valid California Driver's License.
- No criminal history.
- Pass an initial physical exam prior to acceptance.
- Provide a letter from their physician stating that the volunteer is currently in satisfactory health and can perform the duties required in the S.T.A.R.S. program.

For more info, contact the S.T.A.R.S. coordinator, Chelsea McConnell, at (949) 461-3543.

## Police Services Offers Free Shredding

Lake Forest Police Services provides FREE shredding of confidential and important documents year round in an effort to prevent crime. Bring your documents to Police Services and discard them in the locked receptacles located at the Police Services counter. A representative from Police Services will be on the premises while the documents are being shredded.

Fee: Free

Location: Lake Forest City Hall (25550 Commercentre Dr)

For more info call: The City of Lake Forest Police Services at 461-3530

On-going                      Mon-Thu                      8:00 am - 4:00 pm

## Join the Neighborhood Watch Program

Participating in the Neighborhood Watch program is an effective way to reduce crime. The program requires neighbors to look out for each other by calling the police when suspicious activity is observed. This collective effort encourages residents to build a partnership with law enforcement. Participants learn about crime prevention and participate in meetings to discuss ways to improve quality of life issues. Any Lake Forest resident can start a Neighborhood Watch group by calling 461-3545.

Benefits of Participation:

- Crime Reduction
- Get To Know Your Neighbors
- Community Pride

# SENIOR PROGRAMS

## Senior Scene - Clubhouse for Seniors

Come visit us at the Clubhouse... A place where you meet new friends and create lasting memories!

You'll be able to enjoy a variety of activities including card playing, tile board games, monthly game tournaments, seminars, exercise classes, craft classes and movies. This is a great place to meet new friends! No need to make a reservation for this great drop-in program.

Fee: Free!

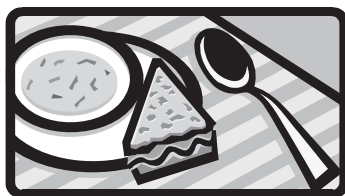
Location: Lake Forest Community Center  
(25550 Commercentre Dr)

For more info call: The City of Lake Forest at 461-3450 or contact Brenda Silvey via e-mail at [bsilvey@lakeforestca.gov](mailto:bsilvey@lakeforestca.gov).

**Please Note: The Senior Scene Clubhouse will be closed on Monday, May 26 due to the Memorial Day holiday.**

## Senior Box Lunch Program

The Senior Box Lunch Program is offered on Mondays, Tuesdays and Wednesdays at 11:30 am. Lunch includes a sandwich, fruit or veggie, salad, a drink, and a dessert. Age Well Senior Services, Inc. provides these healthy lunch boxes...so be sure and tell your neighbors and friends! Registration is required for the program. **If you would like to take your box lunch home, you must bring an insulated cooler.**



Fee: \$4.00 suggested donation is requested per participant

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

For more info or to register call: The City of Lake Forest at 461-3445

Seniors	On-going	Mon-Wed	11:30 am
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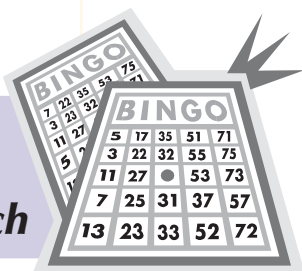
**B-I-N-G-O & FREE Hot Lunch provided by the City of Lake Forest every Thursday!**

Seniors	On-going	Mon-Thu	10:00 am-2:00 pm
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**THURSDAYS**

**10:30 am: Bingo**

**12:00 pm: Hot Lunch**



## Senior Calendar

Don't miss out on the **Senior Scene Clubhouse Calendar**. The Calendar is a great way to view all of the activities offered each month. If you are a Lake Forest resident interested in receiving the quarterly calendar or no longer want the calendar, please call 461-3450 and leave your name, address and phone number (spell your last name and street address, slowly please).



## TRANSPORTATION NEWS

During 2014, affordable taxi services will be available to take you to appointments, errands, and more! Staff is working diligently to make this a successful program for you! Look for more info in an upcoming Senior Snippets e-newsletter.

## Want Snippet?

What's a Snippet? It's a monthly email "reminder" of upcoming events, activities, and excursions that are related only to the Senior Scene Clubhouse.

If you would like to receive a "Snippet," send your email address to [mnorment@lakeforestca.gov](mailto:mnorment@lakeforestca.gov).

## SENIOR TRANSPORTATION, AN EASIER WAY TO GO!



The City of Lake Forest offers door-to-door transportation service to Lake Forest Seniors participating in the Senior Scene Clubhouse activities Monday through Thursday.

To make a reservation for transportation services, please contact Age Well Senior Services, Inc. at 855-9766. It is "mandatory" that all reservations and cancellations be made at least 24 hours in advance. Cost is fifty cents per trip. For more information please call 461-3450.

## Non-Emergency Medical Transportation

Age Well Senior Services, Inc. offers Lake Forest seniors (at least 60 years of age) non-emergency medical transportation to their medical facilities for \$2 one-way, within a designated service area. The program also serves Kaiser Anaheim (Lakeview), UCI Medical Center in Orange, St. Joseph's Hospital of Orange and the Long Beach Veterans Hospital. Rides are available Monday through Friday from 7:00 am to 6:00 pm. Participants must be ineligible for the OCTA ACCESS service. Individuals who are currently utilizing OCTA ACCESS and are in a frail medical condition which creates a hardship, may be granted a waiver and be allowed to use the SNEMT Program.

Riders must register with Age Well Senior Services, Inc. before using the service. For detailed information, call 949-855-9766.

## Ninth Annual Excellence for Seniors Award Luncheon

The Excellence for Seniors Award Luncheon will honor volunteers who have made an outstanding difference in the lives of our senior community and the City's programming efforts. The prestigious Jim Sax Award, along with other volunteer awards, will be presented to individuals who have made the largest impact on the City of Lake Forest's senior programs or facilities during 2013. The month of April is associated with a nationwide program that recognizes volunteers throughout the country. **Reservations are required as space is limited.**

To download the 2013 Jim Sax Award Nomination Form, go to [www.lakeforestca.gov/seniors](http://www.lakeforestca.gov/seniors).

### Guidelines:

1. Nominees must be 50 years of age or older.
2. Nominees must be a Lake Forest resident.
3. Nominees cannot have been a Jim Sax Award Recipient in the past three years.
4. Nominees must volunteer for City of Lake Forest Senior Programs.
5. To nominate an individual fill out an application of your nominee's accomplishments with an **emphasis on special efforts or achievements.**
6. A nominee is not selected based on total number of nominations.

The Jim Sax Award Nomination Form is due Thursday, February 27, 2014 at 5:00 pm.

Fee: Free (**Lake Forest residents register Tue., Feb 11; non-residents Tue., Feb 18**)

Location: Lake Forest Community Center,  
Community Rooms A/B  
(25550 Commercentre Dr)

**For Reservations Call: The City of Lake Forest at 461-3450**

**Act#: 4190 Seniors Apr 24 Thu 11:30 am-1:00 pm**



Shirley Maldonado  
2012 Jim Sax Award Recipient



## Drop-In Computer Lab Hours

Feel free to stop by the Training Room to check your e-mail, practice surfing the net and practice your computer skills to improve your proficiency.

**Throughout the year, the Training Room is used for in-house staff training so availability may be limited at certain times.**

Fee: Free!

Location: Lake Forest Community Center, Computer Lab  
(25550 Commercentre Dr)

**For more info call: The City of Lake Forest at 461-3450**

**Seniors On-going Mon-Thu 10:00 am-2:00 pm**



## Crafty Crafters

The Senior Scene Clubhouse offers Crafty Crafters once a month on Tuesdays. Past crafts have included tote bags, gift/holiday cards, decorative soaps, birdhouses, floral pots and much, much more. Come and find out what you'll be creating next! The only thing you need to bring is your imagination! Please call 461-3408 the first Monday of the month and reserve your space for this very popular program. Look in the Senior Scene Clubhouse Calendar for dates and times!

Fee: Free!

Location: Lake Forest Community Center, Activities Room  
(25550 Commercentre Dr)

## Young At Heart ~ Lake Forest Seniors Reading Circle



The Young At Heart-Lake Forest Seniors Reading Circle meets once a month to discuss the choices listed below...it's a time to share your point-of-view as well as listen to others' interpretations. The City provides snacks for you to enjoy during the book discussion. No need to sign up! Afterwards, drop by the Senior Clubhouse and enjoy a free hot lunch and Bingo.

Book Discussion Location: Lake Forest Community Center,  
El Toro Room  
(25550 Commercentre Dr).

**For more info call: The City of Lake Forest at 461-3450**

**March 13 Thu 9:30 am Winter Solstice  
by Rosamunde Pilcher**

*April and May books and dates have not been chosen at the time of publication*

# HICAP

## Health Insurance Counseling and Advocacy Program

Nobody likes dealing with health insurance. When we're ill, the last thing we want to worry about is what's covered. Health costs can be staggering, and just about everyone worries about what the future will hold as our health declines.

*What is Medicare? What does it cover? Am I eligible? How do I sign-up? Who could possibly help me figure all this out without trying to sell me something I don't need?*

**HICAP CAN HELP YOU!** HICAP is a volunteer-supported program that provides free counseling and educational services for older adults and their families. You can arrange for an individual counseling appointment with a HICAP counselor to get the most current information available to help you find your way through the maze of health insurance regulations and coverage. If you want to know what benefits and services you're entitled to and how the health care system works, call and make an appointment.

Through working with a HICAP counselor, you will get *unbiased* information to help you make the best choices for your individual health care needs as HICAP counselors cannot sell, endorse, or recommend any specific insurance.

HICAP can help you understand:

1. Your rights as a health care consumer
2. Medicare benefits, including how to appeal Medicare and HMO denials
3. Medicare and health insurance jargon
4. Private Medicare supplemental health insurance policy benefits and exclusions
5. HMOs and how they work including emergency assistance with denials
6. Long-term care insurance

**TO MAKE AN APPOINTMENT, PLEASE CALL 461-3408 AND LEAVE YOUR NAME AND PHONE NUMBER.**

Appointments are available from 10:00 am-2:00 pm on the **second Tuesday** of the month: Feb 11, March 11, April 8, and May 13.

## Senior Golf Days at Lake Forest Golf and Practice Center

If you like being outdoors and meeting new friends, Senior Golf Days is a program just for you! This program is put on by Outdoor Explorations. It includes six outings of nine holes of golf, warm-up balls, snacks, and a weekly putting contest.

Fee: Lake Forest Senior residents – \$63;  
Non-residents – \$78

Location: Lake Forest Golf and Practice Center  
(23308 Cherry Ave)

**For more info or to register call: Angela Kelly at 632-0300**

### TEE TIMES

**Session 67 Seniors Feb 20-Mar 27 Tue or Thu only 7:45-8:15 am**  
**Session 68 Seniors Apr 10-May 15 Tue or Thu only 7:45-8:15 am**  
**Session 69 Seniors May 29-Jul 3 Tue or Thu only 7:45-8:15 am**

## Senior Bowling League at Forest Lanes

Bring your friends and form your own team, or sign up individually. It's Jackpot Friday for all Senior Bowlers! Join and participate in this fun-filled afternoon and win the Jackpot! All skill levels are welcome. Fee includes games and Jackpot...if you win!

Fee: \$8.50 per resident senior (plus \$3.00 shoe rental)  
\$10.50 per non-resident senior (plus \$3.00 shoe rental)

Location: Forest Lanes (22771 Centre Dr)

**To Register Call: Forest Lanes at 770-0055**

**Seniors On-Going Fri 1:00-3:30 pm**

## Cell Phones For Life

The Senior Scene Clubhouse has FREE emergency cell phones for elderly and disabled individuals. Cell Phones For Life is a non-profit organization whose mission along with the City of Lake Forest is to help individuals experience peace of mind knowing that assistance is only a phone call away. **The cell phones can only be used to call 911.**

You can pick up a cell phone and a battery Monday through Thursday from 10:00 am-2:00 pm at Lake Forest City Hall (25550 Commercentre Dr., Second Floor). If you have any questions, please call 461-3408 and leave your name and phone number and a staff member will return your call.

If you would like to donate an old cell phone and battery/charger, please drop them off at the Senior Scene Clubhouse Monday through Thursday from 10:00 am to 2:00 pm.



## St. Patty's Celebration: "Green with Envy" Luncheon

C'mere all you lads and lassies and we'll have a grand ol' time at the Tenth Annual St. Patty's celebration. You will feast on "No Blarney" Corned Beef & Cabbage, "No Blarney" punch and "No Blarney" sweets...There's "No Blarney" about it...you're going to have a great time! Just a reminder...don't forget to wear something GREEEN!



**DUE TO LIMITED SEATING...RESERVATIONS ARE A MUST!** Lake Forest residents may register on Tuesday, February 11 by calling 461-3450 or coming to the 2nd floor reception desk during normal business hours. Non-residents may register beginning Tuesday, February 18. Each registrant will be limited to reserving two seats only. Reservations left on our department voicemail will not be accepted.

Fee: Free

Location: Lake Forest Senior Scene Clubhouse  
(25550 Commercentre Dr)

**For more info and to reserve a spot call:**  
**The City of Lake Forest at 461-3450**

**Act#: 4020 Seniors Mar 13 Thu 10:00 am-2:00 pm**

Please notify staff if you are unable to attend or if you are arriving late. At 11:00 am, reserved seating will be available to those on the waitlist.

## Rock Around the Clock 50's Sock Hop

Grab your hoola hoops and bop on over to the Senior Scene Clubhouse Gym. Talkin' about walking down memory lane...fashions of the fifties. Straight skirts vs poodle skirts, loafers, saddle shoes and bobby socks, scarves, and bouffant hairstyles were the look! And for you guys...white T-s, rolled-up levi's, saddle shoes, crew cut, flat-top and that fabulous duck tail with a little dab will do ya! The coolest of DJ's will be playing some of those great tunes from Pat Boone, Elvis Presley (aka: Elvis the Pelvis), Bill Haley and His Comets, Jerry Lee Lewis, Connie Francis and Buddy Holly. You will have a blast of an evening with a catered dinner, dancing, prizes and just plain-o-funsville! Space is limited, so make your reservation early!



Fee: \$10 per person

Location: Lake Forest Senior Scene Clubhouse  
(25550 Commercentre Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4021 Seniors May 30 Fri 4:00-7:00 pm**

## FREE AARP Tax-Aide!!!

The City of Lake Forest and AARP are excited to offer this free tax preparation program to middle and low-income taxpayers. AARP Tax-Aide is a charitable non-profit organization that has assisted over 34 million taxpayers in filing their tax returns. Call and make your tax appointment today! It's as easy as 1-2-3! Please note that those taxpayers with complex tax returns will be advised to seek professional tax assistance (i.e., Partnerships, Rentals, and Estates).

Fee: Free

Location: Lake Forest Community Center,  
25550 Commercentre Drive,  
Lake Forest (corner of Bake Parkway  
and Commercentre Drive) in the  
Community Center's Activities Room.

**Beginning Monday, January 27 at 9:00 am,**  
**call 461-3408 to schedule your tax appointment.**

- Mondays, 10:00 am-1:00 pm
- March 3-March 31
- April 7 & April 14

## What should you bring to your tax appointment?

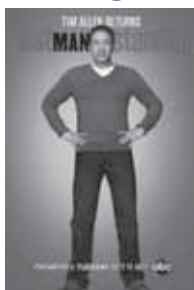
- Current year's tax forms and preparation booklet
- Copy of 2013 income tax returns
- W-2 forms from each employer
- Unemployment compensation statements
- SSA-1099 form if you were paid Social Security benefits
- All 1099 forms (1099-INT, 1099-DIV, 1099-MISC, 1099R-Pension or annuity)
- All forms indicating federal income tax paid
- All receipts or cancelled checks if itemizing deductions

## EXCURSIONS

The City of Lake Forest offers great excursions for Adults, Seniors and Families! Senior excursions are open to individuals ages 50 and over, while excursions for Adults are for individuals 18 and over. Family Excursions are open to all ages. Pre-registration is required for all excursions and all trips include transportation on a luxury bus, snacks, and admission. A meal may be included if specified in the description. Upon confirmation of your registration, departure details will be mailed to you. ***Tickets that are purchased for City of Lake Forest Excursions are non-transferable.***

### Last Man Standing TV Taping starring Tim Allen at CBS Studios – Los Angeles

Tim Allen stars as Mike Baxter, world voyager and one daredevil of a marketing director who is facing his greatest challenge yet...his family. After Mike's wife, Vanessa, (Nancy Travis) receives a promotion at work, Mike must spend more time in his female-dominated household. With years of advice and guidance from their nurturing mother, Mike's three daughters are not prepared for their old-fashioned, hotheaded father to take over. Especially 20-year-old Kristin, who's trying to raise her own son, Boyd, with more of a liberal approach than Mike can stand. When he isn't reclaiming the masculinity in his home, Mike works at the sporting goods man-cave, Outdoor Man: A place where men can buy guns, jerky and a camouflage recliner in one testosterone-fueled location.



On the way to the taping, a box lunch will be provided (sandwich, chips, and a cookie).

**Note: Everyone will be asked to present a valid legal photo ID (driver's license, passport, state ID, military or school ). Must be 18 years of age. The studio does not allow cell phones, cameras, palm pilots, calculators, electrical devices of any kind, weapons, backpacks or any large bags. No exceptions.**

Fee: \$10 per person

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4023 Adults/Seniors Mar 18 Tue 2:45-10:00 pm**

### Done with this brochure?

Don't throw it away!  
Pass it on to your friends  
and family so they can  
sign up for our great  
Spring programs too!



### Hollywood Museum & King Buffet – Hollywood

The Hollywood Museum, the official museum of Hollywood, has the most extensive collection of Hollywood memorabilia in the world. The museum, featuring four floors of breathtaking exhibits, is home to more than 10,000 authentic show biz treasures – one-of-a-kind costumes, props, photographs, scripts, stars' car collections and personal artifacts, posters, and vintage memorabilia from favorite films and TV shows. The museum also showcases the history of Hollywood and the Hollywood Walk of Fame.

Don't miss the lower level to experience Hannibal Lecter's jail cell from Silence of the Lambs, Boris Karloff's mummy, Vampira, Frankenstein and his bride, Elvira– Mistress of the Dark, and other cult horror film favorites. The Hollywood Museum is housed in the historic Max Factor Building where Max Factor, Hollywood's Makeup King, created the looks of Hollywood's Golden Era stars including Joan Crawford, Bette Davis, Katharine Hepburn, Judy Garland, Mae West, Jean Harlow & Marilyn Monroe and all your favorite stars... from the Silents through the 1970's... Don't forget to visit Max Factor's world famous makeup rooms and see where Hollywood's greatest stars got their "look." See where Marilyn Monroe became a blonde and Lucille Ball a famous redhead!

You will enjoy the "all-you-can-eat" Chinese food at the infamous King Buffet.

Fee: \$48 per person

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4026 Adults/Seniors Apr 30 Wed 9:00 am-4:30 pm**

### Viejas Casino & Outlet Center – Alpine (San Diego County)

You don't have ringing in your ears...that's the sound of the slot machine bell ringing when you play on one of the 2,500 slots at the Viejas Casino. They have all your favorites like Wheel of Fortune, Megabucks, Pot O'Gold and more. And if you don't get enough Bingo at the Senior Scene Clubhouse, try the new "electronic touch pads" that make playing Bingo easier than ever. Enjoy playing Blackjack, Poker, Pai Gow and Baccarat, too! For those who want to break up the day, take a short walk across the driveway to the Outlet Center where you can shop at Bass, Izod, Lane Bryant, Eddie Bauer, Border's Books, Jones New York, and many more stores. You will receive a complimentary Casino Fun Book (discounts to the Viejas Outlet and 50% off at any casino restaurant).

Fee: \$10 per person

Departure Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4027 Adults/Seniors May 21 Wed 9:00 am-6:00 pm**

# SENIOR EMERITUS CLASSES

through Irvine  
Valley College

EMERITUS CLASSES are offered for active seniors. The City of Lake Forest partners with Irvine Valley College's Emeritus Program to offer courses especially designed to meet the educational and recreational interests of seniors. Pre-registration is recommended for all classes.

## Registration For Senior Emeritus Classes Only

To register for the Emeritus Classes the following options are available.

**On-Line Registration** log onto [www.123getsmart.com](http://www.123getsmart.com)

- Click on the button "Register for Emeritus Classes"
- Click on the link in the left column "Emeritus"
- Select "Class Category" (i.e., Fitness) in the blue column on the left. (Class sections are on the right in alphabetical order... click on the class you want.)
- Click on the "Class Course Number" for the section you want
- Click the "Add" button
  - RETURNING STUDENTS ONLY: Enter your "Account number and Pin Number"
  - NEW STUDENTS ONLY: Proceed to click on "Create New Account." (your previous IVC Student Number and Pin Number do not work on this system)
  - Fill in all your personal contact information. (At this time you may also add other members of your family/household on this same account by clicking on the button "Add new family member" after you have completed the information for the primary contact.
  - The class will now be added. You can select under the "Client" column whom you would like registered in the course.
  - Choose the button to continue "Shopping for more classes" or "Go to checkout"
- Complete your credit card information and click on "Complete Transaction"
- IVC will send you a copy of your receipt w/your log-in ID and Pin Number for future classes

If you have difficulty registering online, please call 949-451-5555 for assistance.

### Phone Registration

- Call 949-451-5555 Monday through Friday 9:00 am-5:00 pm

### Mail form and payments to:

- IVC Emeritus Institute, 5500 Irvine Center Dr., Irvine, CA 92618

**Fax form to IVC:** 949-451-5270

## Fitness

### It's Never Too Late Fitness

The class consists of the three components necessary to maintain optimum health and fitness. Low impact weight bearing aerobics, strength training, stretching and flexibility movements suited to the needs of the individual.

Fee: \$29.00

Location: Lake Forest II Sun & Sail Club (24752 Toledo Way)

**To register by phone: Call IVC at 451-5555 or 451-5382**

**Tic#: 7301 Seniors Feb 6-May 1 Thu 10:00-11:30 am**  
(no class 3/27)

### Dyna Bands Workout and Arthritis Exercise

Increase your strength and mobility using Dyna-Bands. Dyna-Bands or resistance bands, (which are long latex strips) are used to increase muscle strength. Learn to properly perform exercises using these popular resistance bands in combination with low-impact aerobics and gentle stretching. Workouts include a cool down time with gentle stretching and breathing to relax all body parts. This class includes the Arthritis exercise program.

Fee: \$25.00

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To register by phone: Call IVC at 451-5555 or 451-5382**

**Tic#: 7284 Seniors Feb 4-Apr 29 Tue 12:30-2:00 pm**  
(no class 3/25)

### Pilates

A non-impact exercise program for dancers and non-dancers, based on the principles of Joseph Pilates. Strengthens and tones muscles, increases flexibility, develops proper body alignment, improves coordination and develops an increased sense of body awareness. Includes stretches that enhance physical fitness and focus on total body conditioning to correct body alignment and improve your posture. Wear comfortable clothing and bring a mat to class.

Fee: \$29.00

Location: Lake Forest II Sun & Sail Club (24752 Toledo Way)

**To register by phone: Call IVC at 451-5555 or 451-5382**

**Tic#: 7336 Seniors Feb 4-Apr 29 Tue 10:00-11:30 am**  
(no class 3/25)

**PLEASE NOTE:** You may only register for Senior Emeritus Classes at IVC's website or by calling 451-5555. The registration date for City programs and excursions does not apply to the Emeritus classes.

## Aquatic Fitness Training

Designed for swimmers and non-swimmers to develop and maintain physical fitness through aerobic conditioning in the water. Emphasis is on training to improve balance and cardiovascular fitness.

Fee: \$20.00

Location: Lake Forest I Beach & Tennis Club  
(22921 Ridge Route)

To register by phone: Call IVC at 451-5555 or 451-5382

<b>Tic#: 7245</b>	<b>Seniors</b>	<b>Jan 28-Mar 18</b>	<b>Tue</b>	<b>2:00-3:30 pm</b>
<b>Tic#: 7242</b>	<b>Seniors</b>	<b>Jan 30-Mar 20</b>	<b>Thu</b>	<b>2:00-3:30 pm</b>
<b>Tic#: 7248</b>	<b>Seniors</b>	<b>Apr 1-May 20</b>	<b>Tue</b>	<b>2:00-3:30 pm</b>
<b>Tic#: 7249</b>	<b>Seniors</b>	<b>Apr 3-May 22</b>	<b>Thu</b>	<b>2:00-3:30 pm</b>

## Physical Fitness: Yoga w/Fleur

Instruction and practice will include passive exercise especially adapted to senior citizens; stretching, relaxing, breathing and working together in rhythm as directed by the instructor. Repetition of this course will permit students to build skills and increase their fitness level.

Fee: \$38.00

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

To register by phone: Call IVC at 451-5555 or 451-5382

<b>Tic#: 7359</b>	<b>Seniors</b>	<b>Jan 8-Apr 2</b>	<b>Wed</b>	<b>1:00-2:30 pm</b>
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## Tai Chi Ch'uan

This course presents Tai Chi Ch'uan, an ancient Chinese exercise. The course includes instruction in movements from the 108 forms done in three sections; discussion of the yin-yang principle of opposing actions as it relates to these exercises; technique and sequence of forms; and discussions of the history and philosophy of Tai Chi Ch'uan.

Fee: \$25.00

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

To register by phone: Call IVC at 451-5555 or 451-5382

<b>Tic#: 7342</b>	<b>Seniors</b>	<b>Feb 5-Apr 30</b>	<b>Wed</b>	<b>9:00-10:30 am</b>
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(no class on 3/26)

## Advanced Tai Chi Ch'uan

This class is an advanced tai chi class for students Guang Ping Yang tai chi.

Fee: \$25.00

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

To register by phone: Call IVC at 451-5555 or 451-5382

<b>Tic#: 7343</b>	<b>Seniors</b>	<b>Feb 5-Apr 30</b>	<b>Wed</b>	<b>10:30 am-12:00 pm</b>
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(no class on 3/26)

# Need to Know Numbers!



Periodically, we receive requests for phone numbers and felt that these numbers would be useful. Cut them out and keep them handy for future use!

AARP.....	888-687-2277
ACCESS (Reservations/Information).....	877-628-2232
ACCESS (Eligibility).....	714-560-5956
Age Well Senior Services, Inc. ....	855-8033 (formerly South County Senior Services)
City of Lake Forest City Hall .....	461-3400
Council on Aging .....	714-479-0107
Disabled Housing Information.....	800-510-2020
Elder/Disabled Adult Abuse.....	800-451-5155
HiCap Services .....	800-434-0222
Human Services Information.....	2-1-1
Irvine Valley College/Emeritus .....	451-5555
Meals on Wheels.....	380-0155 ext.12
Medicare Fraud Hotline.....	800-447-8477
OCTA (Transportation).....	800-636-7433
Office on Aging.....	800-510-2020
Orange Caregiver Resource Center.....	800-543-8312

# Summer Fun Preview!

Summer registration begins at 8 am on Tuesday, May 13

For more info, please check your Summer Leisure Times at the end of April or visit [www.lakeforestca.gov](http://www.lakeforestca.gov) for the latest details.



4th of July Parade



Lake Forest ROCKS Camp



Etnies Skate Camp



Summer Concert Series





# City of Lake Forest • Community Services Division

## Program Registration Form

If you need more than one registration form, please photocopy.

### PRIMARY CONTACT (responsible adult for registering persons into courses)

Last Name _____	First Name _____	<input type="checkbox"/> Male <input type="checkbox"/> Female
Birthday _____ (mm/dd/yy)	Email _____	
Street Address _____	City, State, Zip _____	
Home Phone ( ) _____	Cell Phone ( ) _____	
Emergency Contact _____	Emergency Phone ( ) _____	

### OTHER FAMILY MEMBERS living with primary contact (spouse, children, etc.)

Children's birthdates must be filled out completely in order to process registrations.

Last Name	First Name	Birthday	Sex
		(mm/dd/yy)	<input type="checkbox"/> M <input type="checkbox"/> F
		(mm/dd/yy)	<input type="checkbox"/> M <input type="checkbox"/> F
		(mm/dd/yy)	<input type="checkbox"/> M <input type="checkbox"/> F

Please make sure registrant meets the minimum or maximum age requirements for class enrollment prior to submitting Program Registration Form.

Activity #	Participant Name	Birthday	Sex	Activity Name	Fees
		(mm/dd/yy)	<input type="checkbox"/> M <input type="checkbox"/> F		
Please send a separate check for each activity					Total Activity Fees



**If you need special assistance for this program, please contact the Recreation Division ASAP at 461-3450.**

**REFUND POLICY** In the case of a City excursion, if a refund is requested and the City is able to fill the spot, a full refund minus the \$10 administrative fee will be given to the participant. In the case that the City is not able to fill the spot, no refund will be given. Refunds may take 30 days from date of cancellation to process. Refunds will be not be given for any portion of recreation classes after the second meeting of the class. In the case refunds are requested prior to the second class meeting, a full refund minus the \$10 administrative fee will be given. Refunds are not given for any program that may be cancelled with a fee of \$10 or less per participant (per receipted transaction).

### PARTICIPANT AND/OR PARENT RELEASE FORM

I hereby consent to treatment and all medical care deemed necessary as a result of accident or injury.

☐ Yes ☐ No

I further agree to pay any and all costs incurred as a result of said treatment.

☐ Yes ☐ No

I permit the use of activity/event photography and/or video of my child or myself for media promotion.

☐ Yes ☐ No

Please contact me via email regarding upcoming city events and news at: \_\_\_\_\_

I agree to waive and release the City of Lake Forest (City), its officers, agents, employees and volunteers, from and against any claims, costs, liabilities, expenses or judgments, including attorney's fees and court costs arising out of my participating in the City's Programs or any illness or injury resulting therefrom, and hereby agree to indemnify and hold harmless the City from and against any and all claims, except for illness and injury resulting directly from gross negligence or willful misconduct on the part of City or its employees.

I HAVE READ AND UNDERSTAND THIS RELEASE FORM LIABILITY.

Date \_\_\_\_\_

(Signature) Parent or Guardian must sign for those under 18 years of age

Mail this form with your payment to: **City of Lake Forest**  
**ATTN: Program Registration**  
**25550 Commercentre Drive, Suite 100**  
**Lake Forest, CA 92630**

Questions on  
Registration?  
Call 461-3450

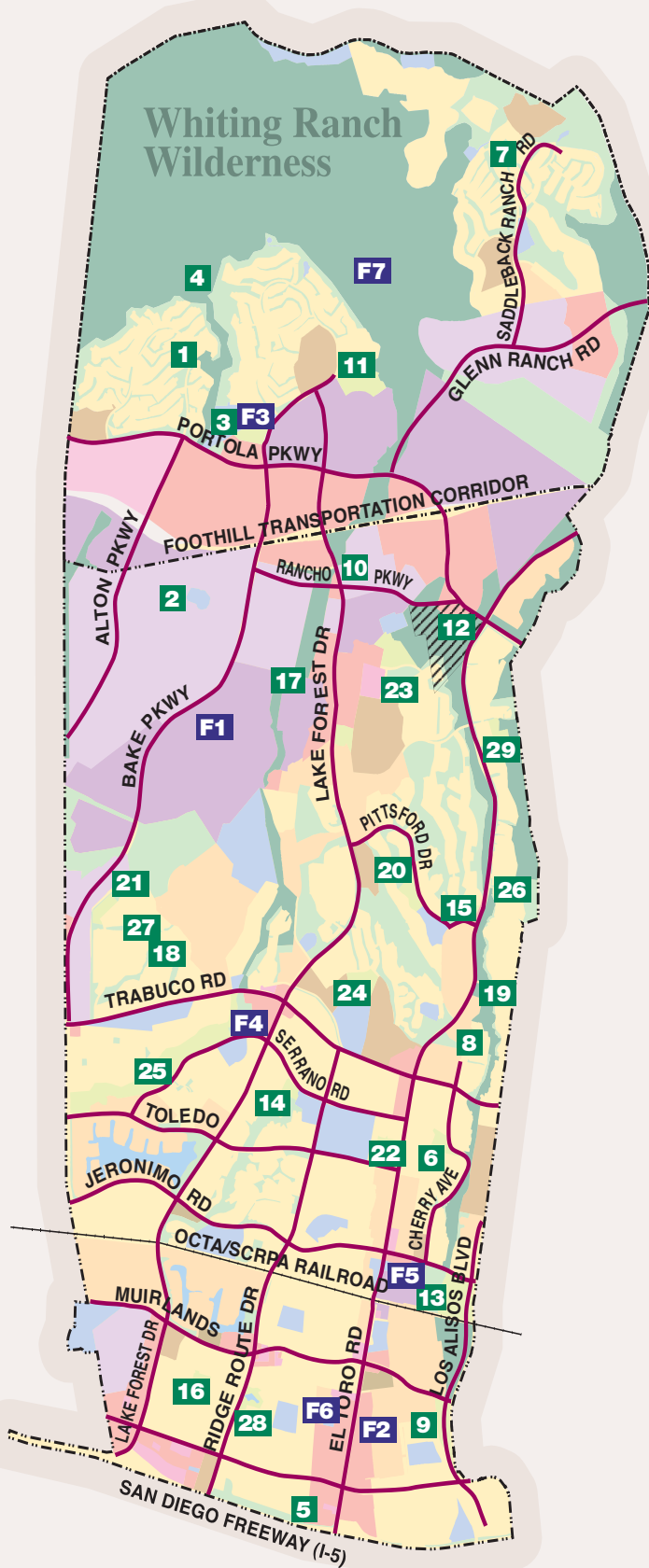


**Receipt of this signed form and your payment confirms your registration based upon availability until the activity is full.**









Office Use Only    Receipt# \_\_\_\_\_    Paid by Check# \_\_\_\_\_    Paid by Cash Amount \_\_\_\_\_    Initial/ Date \_\_\_\_\_    Conf \_\_\_\_\_

*Credit Card Payments are not accepted at City Hall*

# City Of Lake Forest Park Guide



## CITY PARKS

		Acres	Barbecues	Basketball	Playground	Fitness/Walking	Picnic	Restrooms	Soccer	Baseball	Tennis Court
<b>1</b>	<b>Alton Park</b> 18992 Alton Parkway	2.3	4	1 <sup>hc</sup>	1		9 <sup>1s</sup>				
<b>2</b>	<b>Baker Ranch Community Park</b> 										
<b>3</b>	<b>Borrego Park</b> 26982 Cabriole	11	5	1 <sup>fc</sup>	1	1	11	1	1		
<b>4</b>	<b>Borrego Overlook Park</b> 21 Viaggio Lane	1.6	3		1		5				
<b>5</b>	<b>Cavanaugh Mini Park</b> 23782 Cavanaugh Road	0.2		1 <sup>hc</sup>	1		1				
<b>6</b>	<b>Cherry Park</b> 22651 Cherry Avenue	4.5	3	1 <sup>hc</sup>	1		9 <sup>1s</sup>				
<b>7</b>	<b>Concourse Park</b> 18931 Saddleback Ranch Road 	7	2	1 <sup>hc</sup>	2	1	4 <sup>2s</sup>	1			
<b>8</b>	<b>Darrin Park</b> 22461 Cherry Avenue	3.1	6	1 <sup>hc</sup>	1		11 <sup>1s</sup>				
<b>9</b>	<b>El Toro Park</b> 23701 Los Alisos Boulevard 	10	2		1	1	7 <sup>1s</sup>	1			2 <sup>L</sup>
<b>10</b>	<b>Etnies Skatepark of Lake Forest</b> 20028 Lake Forest Drive	5.3					3	1			
<b>11</b>	<b>Foothill Ranch Community Park</b> 19422 Rue De Valore	15.5		1 <sup>fc</sup>	2	1	9	1	1	2	2
<b>12</b>	<b>Future Sports Park Location</b> 28000 Rancho Parkway 										
<b>13</b>	<b>Heroes Park</b> 25420 Jeronimo Road	12.4	1			1	2	1	2	4	
<b>14</b>	<b>Lake Forest Park</b> 24000 Serrano Road	2.3			1						
<b>15</b>	<b>Montbury Park</b> 21962 Montbury Drive	3.5	1				2				
<b>16</b>	<b>Mountain View Park</b> 24061 Dylan Street 	5.3	2	1 <sup>fc</sup> 1 <sup>hc</sup>	2	1	9 <sup>1s</sup>	1		1	2 <sup>L</sup>
<b>17</b>	<b>Nature Park</b> 26215 Dimension Drive	4.5				1	7 <sup>1s</sup>				
<b>18</b>	<b>Peachwood Park</b> 21132 Peachwood	2.7			1		5 <sup>1s</sup>				
<b>19</b>	<b>Pebble Creek Park</b> 26441 Pebble Creek Road	1.9			1		1				
<b>20</b>	<b>Pittsford Park</b> 21701 Pittsford Drive 	10	2		2	1	8 <sup>1s</sup>	1			2
<b>21</b>	<b>Rancho Serrano Park</b> 20842 Paseo Sombra	5.1	3				7		1		
<b>22</b>	<b>Ranchwood Park</b> 22500 Killy Street	1.9		1 <sup>hc</sup>	1						
<b>23</b>	<b>Regency Park</b> Regency Lane & Osterman Road	5							1		
<b>24</b>	<b>Rimgate Park</b> 29772 Rimgate 	5	1	1 <sup>fc</sup>	3		7 <sup>1s</sup>				1
<b>25</b>	<b>Serrano Creek Park</b> 25101 Serrano Road 	44	3		1	1	13 <sup>1s</sup>	1			
<b>26</b>	<b>Sundowner Park</b> 22041 Sundowners Lane	0.8	1		1		2				
<b>27</b>	<b>Tamarisk Park</b> 22001 Tamarisk 	11.2		1 <sup>fc</sup>	1		11			1	
<b>28</b>	<b>Village Pond Park</b> 23102 Ridge Route Drive	4.7					3				
<b>29</b>	<b>Vintage Park</b> 21000 Vintage Street	4.8	5	1 <sup>fc</sup> 1 <sup>hc</sup>	1		11				



renovation in progress



under construction



park shelter available for reservation

- **fc** full court
- **hc** half court
- **L** lights
- **s** shelter

## OTHER FACILITIES

<b>F1</b>	<b>City Hall</b>	25550 Commercentre #100	461-3400
<b>F1</b>	<b>Community Center</b>	25550 Commercentre	461-3450
<b>F2</b>	<b>El Toro Library</b>	24672 Raymond Way	855-8173
<b>F3</b>	<b>Foothill Ranch Library</b>	27002 Cabriole	855-8072
<b>F4</b>	<b>Heritage Hill Historical Park</b>	25151 Serrano Road	923-2230
<b>F5</b>	<b>Lake Forest Golf</b>	23308 Cherry Avenue	859-1455
<b>F6</b>	<b>El Toro Post Office</b>	24522 Raymond Way	837-1976
<b>F7</b>	<b>Whiting Ranch Regional Park</b>	Trabuco Canyon	923-2245



# Under Construction

## LAKE FOREST SPORTS PARK!



## Park Amenities

- Recreation Center  
(Gymnasium, Multi-Use Rooms, Teen Center)
- Playgrounds
- Basketball Courts
- Sports Fields
- Outdoor Exercise Equipment
- Concession Stands
- Restrooms
- Gazebos

For updates, visit  
<http://www.lakeforestca.gov>

